


Bangor Y Group Exercise Schedule

Spring 2008

March 17th-June 15th, 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Cardio Step Amy <hr/> Fitness Yoga Sheila	Group Power Sheila	Cardio Mix Amy	Fitness Yoga Sheila	Group Power Sheila	
6:00 am		Cycling Karl		Cycling Karl		
8:15 am	Get Fit Amanda 8:30-9:30	Women on Weights Becky <hr/> Turbo kick Heidi		Women on Weights Becky		Cycling 8:00 am Wendy Until May 17th
9:30 am	Step Interval Heidi	Group Power Becky	Group Groove Heidi	Group Power Justine	Turbo Kick Tammy	Group Power Rotating 9-10 am
11:00-11:45 am	Cardio Baby Sandy		Cardio Baby Sandy			Group Groove 10:15-11:15 Sandy
12:10-12:55 pm	Group Power Sandy	Lunchtime Yoga Lisa	Group Power Sandy	Get On The Ball Becky	Lunchtime Yoga Lisa	
4:15 pm	Group Groove Tammy	Group Power Tammy	Group Groove Becky			
5:30 pm	Cardio Step Wendy <hr/> Yoga/Pilates Stretch Mix Allison	<i>Get Fit</i> Amanda ----- Cycling Becky	Cardio Step Amanda ----- Yoga/Pilates Stretch Mix Allison	Group Power Becky/Tammy ----- Cycling Jen	<i>Get Fit</i> Haley ----- Group Groove Justine	Sunday Cycling Lisa 2:00-3:30 pm Until May 18th
6:40 pm	Group Power Rebecca	Group Groove Rebecca ----- Fitness Yoga Joann ----- Belly Dancing Kitty 8:00-9:30				