



Farragut Family YMCA Group Exercise Schedule November 2009

Mondays

6:00am Spin (pcspin)	Ellen
8:05am Total Body (ar)	Vickey B
9:00 am Pilates(ac)	Heather
9:00 am Step(ar)	Karen
9:00 am Spin (pcspin)	Vickey B
9:30 am SilverSneakers® (pc) CardioCircuit	Becky
9:45 am Total Body (ar)	Karen
5:00 pm Muscle Mania (ar)	Vicki K
5:30 pm Step/Abs (ar)	Vicki K
7:00 pm Yoga (pc)	Debbie
7:00 pm Meet the Challenge(pc)	Erin

YMCA Child Watch Hours

Morning Hours

Mon-Fri 8am – 12pm

Sat 8:30 am-12pm

Evening Hours

Mon, Tue, Thurs 5pm-8pm

Wed 5pm-7pm

Kool Kidz Hours

Sat 8:30am-12pm

Evenings Mon, Tue, Thurs 5pm-8pm

Wed 5pm-7pm



Thank you to everyone that spent some time on our Pink Treadmill during the month of October – over 1200 miles were logged on the treadmill – way to go!

Tuesdays

8:05 am Arms and Abs(ar)	Becky;11/10Anne W.
8:15 am Daybreak Yoga (pc)	Melissa
9:00am Zumba (ar)	Karen
10:05 am Kick Box Drills&Abs(ar)	Karen
10:00 am SilverSneakers® (pc)	Teresa
MSROM	
11:00 am Yoga (pc)	Debbie
5:30 pm Spin (pcspin)	Sarah
6:15 pm Total Body (ar)	Alex
7:00 pm ZUMBA (ar)	Alex

Wednesdays

6:00 am Spin (pcspin)	Teresa
8:05 am Muscle Mania(ar)	Anne W
8:30 am Pilates (pc)	Karen
9:00 am Cardio Club(ar)	Vickey B;11/4 Anne P.
9:00 am Spin (pcspin)	Chris;11/25 Anne P.
9:30 am SilverSneakers® (pc) CardioCircuit	Vicki K.
9:45 am Total Body (ar)	Vickey B.;11/4 Karen
11:00am Zumba (ar)	Karen
5:00 pm On the Ball(ar)	Annie; 11/18 Karen
	11/25 NO CLASS
5:30 pm Step (ar)	Annie; 11/18 Karen
	11/25 NO CLASS

Call 24 hours in advance to reserve your space in Total Body and Spin. 777-9622

FAMILY ZUMBA

Calling all families to spend some time together on Saturday mornings at Family Zumba.

Adults of all ages can attend with kids of all ages. Kids taking the class without an adult must be ages 6 and up.

Join the fun on Saturday mornings at 10:30 am

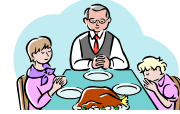


Thursdays

8:05 am Guts and Glutes (ar)	Becky; 11/12 Anne P. 11/19 Anne W.
8:15 am Daybreak Yoga (pc)	Melissa
9:00am Zumba (ar)	Karen
9:00am Spin (pcspin)	Chris
10:05 am On the Ball(ar)	Karen
10:00 am SilverSneakers® (pc) MSROM	Teresa
11:00am Yoga (pc)	Debbie
7:00pm Zumba (ar)	Alex

HAPPY THANKSGIVING

**THE YMCA WILL BE
CLOSED ON THURSDAY
NOVEMBER 26 IN
OBSERVANCE OF THE
THANKSGIVING HOLIDAY**



Friday November 27th ONLY
Join us for three great Turkey Burner
Workouts!

8:30 am Pilates with Gina
9am Boot Camp with Vicki K.
9:15 am Spin with Karen

Child Watch will be open from 8:45am
until 10:15 am ONLY

**Fridays - See Box for Special Schedule on 11/27
Only**

6:00am Spin (pcspin)	Anita
8:05 am Boot Camp (ar)	Stephanie
8:30am Pilates (pc)	Gina
9:00am Spin (pcspin)	Anne P
9:00am Step (ar)	Vicki K
9:30am SilverSneakers® (pc) Cardio Circuit	Becky
9:45am Total Body(ar)	Vicki K.

Saturdays

8:30am Weekend Warrior (ar)	11/7 Vickey B. 11/14 Alex (Zumba) 11/21 Anne 11/28 Karen.
8:30am Pilates (pc)	Gina
9:30am Spin (pcspin)	Anita
10:30am Family Zumba(ar)	Suzette; 11/14 Alex
10:30amYoga (pc)	Deb

Sundays

1:15 pm ZUMBA(ar) Alex

Class Location Key

(ar) – aerobics room
(ac) – activity center
(pc) – program center
(pcspin) – spin room in the program center
(kconf) – conf room next to kitchen

Please note that on occasion a class may need to
move to another area – we will do our best to let
the front desk staff know of any location changes

**NOVEMBER TEEN
FITNESS**

Teen Fitness classes
will be by appointment
during the month of
November. Please
leave your name at the
front desk and the
instructor will call you
to arrange a convenient
time..

