



2015 Group Fitness Schedule
 March 23rd - May 3rd
 Battle Creek Family YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Spin (1) Roger	5:30am X-Fit** \$ (2) Matt	6:00am Tabata* (1) Dawn	5:30am X Fit** \$ (2) Matt	5:45 am Spin (1) Roger	8:30am Yoga (MA) Diana	12:00pm Pilates (1) Cathi
9:00am Metabolic Circuit* (1) Abby	6:15am Step* (1) Laura	9:00am PiYo (1) Abby	6:00am Pilates (1) Jenna	9:00am Spin (1) Bre	8:45am Power Circuit* (HEC) Jamie	1:15pm Circuit* (HEC) Veta
9:00am BOA \$ (OWR) Victoria	9:00am Barre** (2) Jenna	9:00am BOA \$ (OWR) Victoria	9:00am High/Low Aerobics (1) Abby	9:00am Supervised Ex. (HEC) Danielle	9:00am Double Step* (1) Tracey	2:00pm Zumba (1) Michelle
10:00am Yoga (MA) Diana	9:00am Tabata (1) Marchand	10:00am Yoga (MA) Diana	10:00am Power Circuit*(HEC) Bre	9:00am BOA \$ (OWR) Victoria	9:30am BOA \$ (OWR) Victoria	
10:00am Pro Performance (1) Jeff	10:00am Bootcamp (UP) Marchand	10:00am Y-Pump* (1) Holly	10:00am Barre** (2) Abby	10:00am Y-Pump* (1) Bre	10:00am Kettebell** \$ (2) Veta	
10:00am Silverstars (2) Danielle	10:00am LiteFit* (2) Mary	10:00am Silverstars(2) Danielle	11:00am Kids Fit* (1) Bre	10:15am Yoga for Athletes (MA) Abby	10:15am Zumba* (1) Michelle	
4:15pm Strong Teens* (HEC) Keith	4:15pm Power Circuit* (HEC) Jim	4:15pm Strong Teens* (HEC) Keith	11:30am Cardio Tennis (MSC) Seth & Casey		11:15am Cardio Tone (1) Jaime	
5:00pm Butt & Gutt* (1) Lynn	4:30pm Bootcamp (1) Marchand	5:00pm Butt & Gutt* (1) Lynn	4:15pm Power Circuit (HEC) Jim			
5:30pm Beginner X-Fit** \$ (2) Amber	5:30pm SWAT* (2) Veta	6:00pm Kickboxing (1) Victoria	4:30 Bootcamp (1) Holly			
5:30pm Intro to BOA \$ (OWR) Victoria	5:30pm Y-Pump* (1) Myra	6:00pm Cardio Tennis (MSC) Seth & Casey	5:30pm SWAT* (2) Veta			
6:00pm Power Circuit* (WC) Veta	6:30pm Spin (1) Jamie	6:45pm Pilates/Stretch* (1)	5:30pm Y-Pump* (1) Dawn			
6:00pm BOA \$ (OWR) Victoria	6:30pm Bokwa* (OWR) Michelle		6:30pm Yoga (MA) Donna			
6:30pm Zumba* (1) Dana			6:30pm Spin (1) Jamie			
			6:30pm Zumba* (OWR) Carrie			

(1) Studio 1
 (2) Studio 2
 (HEC) Health Enhancement Center
 (WC) Wellness Center
 (MA) Martial Arts Room/ Lower Level
 (OWR) Old Weight Room
 (UP) Upstairs Track- meet in HEC
 (MSC) Multi Sports Complex
 \$ Paid Program

*Family Friendly- 10+ with an adult
 **Class is limited- MUST SIGN UP AT FRONT DESK
 PRIOR TO CLASS

Schedule Effective Mar. 23rd - May 3rd, 2015
 Subject to change due to instructor availability and
 class participation.