



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

TRI-LAKES GROUP EXERCISE SCHEDULE 4/30/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30 am Interval Training Arin		5:30 am Boot Camp Susette			
8:05 am Power Yoga Dawn	8:30 am - Gym Zumba Stephenie	8:05 am Power Yoga Dawn	8:15 am - Gym Interval Training Darci	8:05 am Vinyasa Yoga Dawn	8:15 am Yoga <i>Instructor Rotation</i>	
9:15 am Step Interval Wendy L.	8:30 am SilverSneakers CardioCircuit Mary	9:15 am Step Interval Wendy L.	8:30 am SilverSneakers CardioCircuit Mary	9:15 am Pilates Fusion Ruslana		
10:15 am Total Body Workout Wendy L.	9:30 am - Gym Body Combat Amy	10:15 am Total Body Workout Wendy L.	9:30 am - Gym Zumba Rosie	9:15 am - Gym Body Combat Gail	9:15 am Boot Camp <i>Instructor Rotation</i>	
11:15 am Pilates Matwork (With Props) Chris	9:30 am SilverSneakers MSROM Mary	11:15 am Pilates Matwork (With Props) Chris	9:30 am SilverSneakers MSROM Mary	10:15 am Strength Training Gail	10:15 am Zumba Giovanni	
	10:30 am Strength Training Darci		10:30 am Body Combat Gail	11:15 am AOA Wendy L.		
1:00 pm SilverSneakers CardioCircuit Anna	11:30 am Pilates Fusion Ruslana	1:00 pm SilverSneakers CardioCircuit Anna				
	4:30 pm Youth Fitness Tanja	4:30 pm Family Yoga Tanja				2:00 pm Gentle Yoga Joanne
4:30 pm 20/20/20 Pam	4:30 pm Ultimate Conditioning Kelley	4:30 pm Body Combat Stephenie	4:30 pm Interval Training Heather	4:30 pm Ultimate Conditioning Kelley		4:00 pm Zumba Wendy or Stephenie
5:30 pm Strength Training Gail	5:30 pm Multi Level Yoga Susan B.	5:30 pm Zumba Wendy L.	5:30 pm Yoga Flow Michele	5:30 pm Power Yoga Heather		
6:30 pm Sports Conditioning Heather	6:30 pm Zumba Stephenie	6:30 pm Strength Training Alexia	6:30 pm Body Combat Amy			
7:30 pm Zumba Wendy W.		7:30 pm Candlelight Yoga Ruslana				

Tri Lakes YMCA

17250 Jackson Creek Pkwy, Monument, Co. 80132

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Tri-Lakes Indoor Cycling Schedule

4/30/2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am Indoor Cycling Stacy		5:30 am Indoor Cycling Arin		5:30 am Indoor Cycling Mary H.	7:10 am Indoor Cycling Instructor Rotation	
9:15 am Indoor Cycling Kelli	9:30 am Indoor Cycling Carolyn	9:15 am Indoor Cycling Kelli	9:30 am Indoor Cycling Carolyn	9:15 am Indoor Cycling Susette	8:30 am Indoor Cycling Instructor Rotation	
4:30 pm Intro to Cycling Tanja						
6:00 pm Indoor Cycling Arin	6:30 pm Indoor Cycling Pam	6:00 pm Indoor Cycling Arin	6:30 pm Indoor Cycling Arin/Pam/Kelli			

Aqua Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
New Instructor 9:30 am Aqua Aerobics I Shannon	9:30 am Aqua Aerobics II Heather	9:30 am Aqua Aerobics II Gail	9:30 am Aqua Aerobics I Christine	9:30 am Aqua Aerobics II Wendy L.	9:30 am Aqua Aerobics II Instructor Rotation	
5:30 pm Aqua Aerobics II Pam	10:30 am Gentle Aqua (therapeutic) Carolyn		10:30 am Gentle Aqua (therapeutic) Carolyn			

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