



David D Hunting

475 Lake Michigan Dr NW, Grand Rapids, MI 49504 616-855-9622

Group Exercise Schedule

East Studio

July 25, to September 12, 2010

Weekday Schedule

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:30am			Pilates Plus/ Deb P		
6:00 - 7:00am		Yoga/Kathy		Yoga/Kathy	
9:15-10:00am				On the Ball Corey	
10:00 - 11:00am	Ageless Athletes Cardio & Tone Lyndsey	Ageless Athletes Zumba Gold Niah	Ageless Athletes Strength Corey	Ageless Athletes Stretch Jen	Ageless Athletes Cardio & Tone Sadie
11:30-12:15pm		Yoga/Kristin	Turbo Kick Lyndsey	Yoga/Kristin	
12:15-12:30		YogaCore/ Kristin	Core/ Lyndsey	YogaCore/ Kristin	
4:30 - 5:30pm	Ballet***			Tap/Jazz***	
5:30 - 6:30pm	Ballet***	Yoga/Kristen		Arms & Abs Susan 5:30- 6:15pm	
5:40-6:40pm	Zumba Tara (in gym)		Zumba Tara (in gym)		
6:30 - 7:30pm	Yoga Plus/Kari		Yoga/Cheryl	Yoga Plus/Kimberly	
7:00-8:00pm		Pilates/Deb P			
7:30 - 8:15pm	Ballet*** 7:30- 8:45		Hoop Dance Fusion***	Ballet*** @ 7:45	Belly Dance***

Weekend Schedule

Time:	Saturday	Sunday
9:00 - 10:00am	Get on the Ball	
10:15 - 11:15am	Yoga/Kristen	
11:30 - 12:30pm	Yoga/Kristen	
1:30-3:00PM		Yoga 90***
3:00 - 4:00pm		Yoga/Kimberly
4:00-5:00pm		Line Dance***

Schedule Key

New Class

Fee Based Class***

Check us out on the web:

gymca.org





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Group Exercise Schedule

West Studio

July 25, to September 12, 2010

Weekday Schedule

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
5:45 - 6:45am	M&M/Rich	Cardio Kick/ Kris	M&M/Mandy	Power Train/ Wendi	Powerflex/ Leslie
9:00 - 9:55am	Powerflex/Lesie		Powerflex/Lesie	Step/Mary	Powerflex/Anita
10:00-11:00am		Cardio Sculpt/Mary	3-2-1-/Mary		Rhythm Cardio Remix/Mandy
11:00 - 11:30am	<u>Arms & Abs</u> <u>Susan 11:00-</u> <u>11:45am</u>				Gluteus to the Maximus Chelie
11:30-11:45am					Core / Chelie
12:00 - 1:00pm		Powerflex / Mandy		Powerflex/ Mandy	
12:15 - 12:45pm	Cardio/Susan		Cardio/Susan		Cardio/Susan
12:45- 1:00pm	Core/Susan		Core/Susan		Core/Susan
1:00 - 1:15pm	Strength/ Susan		Strength/ Susan		Strength/ Susan
4:30-5:30pm		Rhythm Cardio Remix/Mandy	Step/Lesie	Powerflex/ Marnie & Deb	
5:00-5:30	Gluteus to the Maximus Corey				Zumba/Tara 5:00-6:00PM
5:30-5:45	Core / Corey				
5:30 - 6:30pm		3-2-1-/Rose			
5:50 - 6:45pm				Cardio Dance Mix/Torrey	Social Dance (6-7)***
5:55 - 6:55pm	Step/Lesie		Hour of Power/Wendi		Social Dance (7-8)***
7:00 - 7:45pm	Powerflex/Marnie		Cardio Kickbox/Mandy	Zumba Tara (in gym) 7-8pm	
7:45 - 8:15pm			Ab Lab/Mandy		

Weekend Schedule

Time:	Saturday	Sunday
8:00-9:00AM	Step	
9:15-10:10am	Powerflex	
10:15 - 11:15am	Cardio Dance Rotation	
2:00-3:00pm		RCRemix-Mandy
3:00-4:00pm		M & M
4:00-4:30		Gluteus to the Maximus/ Mary

Schedule Key

	New Class
	Fee Based Class***

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Group Exercise Schedule

Spin Studio

July 25, to September 12, 2010

Weekday Schedule

Time:	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 - 6:15am	Spin/Jeff G		Spin/Marnie	Spin/Jean	Spin/Marcia
10:00 - 10:45am	Spin/Marcia		Spin/Marcia		Spin/Anita
12:00 - 12:45pm	Spin/Jean	Spin/Wendi	Spin/Jeff B	Spin/Andi	Spin/Wendi
6:00-6:45Pm	<u>Spin / Jeff G</u>	<u>Spin / Marnie</u>	<u>Spin / Don</u>	<u>Spin / Katie</u>	

Weekend Schedule

Time:	Saturday	Sunday
7:45-8:45am	Iron Train* Jean	
9:15-10:00AM	Beginner Spin/ Mary LP	
10:15 - 11:15am	Power Spin*/Andi & Jamie	
1:00 - 1:45pm		Spin Rotation

Schedule Key	
<u>New Class</u>	
*Advacned, ***Fee Based Class	

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