

DODGE YMCA HEALTHY LIFESTYLES CLASSES - February 5, 2010



MONDAY

6:00-7:00 Spin Studio	Spinning™	Ed Esposito
6:30-7:30 Studio B	Hatha Yoga ☺	Akwesi Asante
7:00-8:00 Pool	Aqua Exercise	Borin Gavin
7:00-7:30 Studio A	Core Connection	Ed Esposito
7:30-8:15 Studio A	Cardio Kickboxing	Akwesi Asante
8:00-9:00 Studio B	Hatha Yoga (Integrated Movement)	Mare Heironimus
8:15 - 8:30 Studio A	Core Connection	Akwesi Asante
9:00-10:15 Studio B	Prenatal Yoga	Anna Azrieli
9:00-10:00 Studio A	Urban Rebounding <i>New Time</i>	Delida Torres
10:00-11:00 Studio A	Total Body Conditioning <i>New Time</i>	Delida Torres
10:30-11:30 Studio B	MasterFitness Complete™	Akwesi Asante
11:00-12:00 Studio A	Urban Rebounding <i>New Class</i>	Delida Torres
12:00-1:00 Spin Studio	Spinning®	Tracey Griner
12:00-1:00 Pool	Aqua Exercise	Simone Egan
12:30-1:45 Studio B	Vinyasa Yoga <i>Intermediate</i>	Naomi Jaffe
4:00-5:30 Studio B	Vinyasa Yoga ☺	Naomi Jaffe
5:30-6:30 Studio A	Cardio Kickboxing	Debbie Carrion
5:30-7:00 Studio B	Yoga <i>Intermediate</i>	Thomas Coleman
6:30-7:30 Gymnasium	ZUMBA	Alma Bonilla
6:30-7:30 Studio A	Adult/Teen Ballet	Alan Luks
7:00 - 8:00 Spin Studio	Spinning®	Tracey Griner
7:30-8:00 Studio A	Core Connection	Alma Bonilla
7:00-8:00 Pool	Aqua Exercise	Borin Gavin
8:00 - 9:00 Studio A	Mat Pilates	Barbara Elovic
7:30-9:00 Studio B	Gentle Yoga and Meditation	Anne-Francoise Potterat

TUESDAY

6:00-7:00	Spinning® <i>Ends February 9th</i>	Ed Esposito
6:30-7:15 Studio A	Mat Pilates	Barbara Elovic
7:00-7:30 Studio A	Core Connection <i>Ends February 9th</i>	Ed Esposito
7:00-8:00 Pool	Aqua Exercise	Borin Gavin
7:30-8:30 Studio A	Mat Pilates	Barbara Elovic
9:00-10:00 Studio A	The Nu Method™ ☺	Tanya Fly
9:00-10:15 Studio B	Vinyasa Yoga <i>Intermediate</i>	Naomi Jaffe
10:00-11:00 Studio A	The Nu Method™ <i>Intermediate</i>	Tanya Fly
10:30-11:30 Studio B	Gentle Yoga	Jane Selzer
11:00-12:00 Studio A	MasterFitness Complete™	Ann Fosteris
11:30-12:30 Studio B	Gentle Yoga	Jane Selzer
12:00-1:00 Pool	Aqua Exercise	Simone Egan
12:45-1:45 Studio B	Stretching	Jane Selzer
1:45-2:45 Studio B	Baby and Me Yoga	Anna Azrieli
3:00-4:00 Studio A	Toddler and Me Yoga	Anna Azrieli
3:30-4:30 Studio B	Kids Yoga Ages 4 - 6	Jovan Clay
4:30-5:30 Studio B	Kids Yoga Ages 7 - 10	Jovan Clay
5:30-6:30 Spin Studio	Spinning®	Tracey Griner
5:30-6:30 Studio A	Prenatal Yoga	Anna Azrieli
6:30-7:15 Studio A	Urban Rebound	Keiko (Kayko)
7:00-8:00 Spin Studio	Spinning®	Tracey Griner
7:00-8:30 Studio B	Belly Dancing	Patrice Pinder
7:30-8:30 Studio A	Total Body Conditioning	Alma Bonilla
8:30-9:30 Studio A	Mat Pilates	Roseanne Raccuglia

WEDNESDAY

6:00-7:00 Spin Studio	Spinning®	Tracey Griner
6:30-7:30 Studio B	Hatha Yoga ☺	Akwesi Asante
7:00-8:00 Pool	Aqua Exercise	Borin Gavin
7:00-7:30 Studio A	Core Connection	Tracey Griner
7:30-8:30 Studio B	Mat Pilates	Barbara Elovic
7:30-8:15 Studio A	Cardio Kickboxing	Akwesi Asante
8:15-8:30 Studio A	Core Connection	Akwesi Asante
8:30-9:30 Studio B	Hatha Yoga (Integrated Movement)	Mare Heironimus
9:30-10:30 Studio A	Urban Rebounding	Delida Torres
9:45-10:45 Studio B	Mat Pilates	Sophia Burrell
10:30-11:00 Studio A	Core Connection	Delida Torres
11:00 - 12:00 Studio A	Core Connection	Jovan Clay
11:00-12:00 Studio B	Tai Chi	Phil Catapano
12:00-12:45 Spin Studio	Spinning®	Tracey Griner
12:45-1:30 Spin Studio	Spinning®	Tracey Griner
12:00-1:00 Pool	Aqua Exercise	Simone Egan
12:00-1:30 Studio B	Vinyasa Yoga <i>Intermediate</i>	Naomi Jaffe
1:00 - 2:00 Studio A	Modern Dance	Jovan Clay
5:30-6:30 Spin Studio	Spinning®	Tracey Griner
5:30-6:30 Studio A	Boot Camp	Akwesi Asante
5:30-6:30 Studio B	Mat Pilates ☺	Barbara Elovic
6:30-7:30 Spin Studio	Spinning®	Alma Bonilla
6:30- 7:30 Studio B	Mat Pilates <i>Intermediate</i>	Barbara Elovic
6:30-7:30 Studio A	African Dance	Akwesi Asante
7:00-8:00 Pool	Aqua Exercise	Borin Gavin
7:30-8:30 Studio A Studio A	ZUMBA	Alma Bonilla
8:30-10:00 Studio B	Gentle Yoga and Meditation	Anne-Francoise Potterat

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THURSDAY

6:30-7:15 Studio A	Mat Pilates	Barbara Elovic
7:00-8:00 Pool	Aqua Exercise	Simone Egan
7:30-8:30 Studio A	Mat Pilates	Barbara Elovic
9:00-10:00 Studio A	The Nu Method™ ☺	Tanya Fly
9:00-10:15 Studio B	Vinyasa Yoga <i>Intermediate</i>	Naomi Jaffe
10:00-11:00 Studio A	The Nu Method™ <i>Intermediate</i>	Tanya Fly
10:30-11:30 Studio B	Gentle Yoga	Jane Selzer
11:00-12:00 Studio A	MasterFitness Complete™	Ann Fosteris
11:30-12:30 Studio B	Gentle Yoga	Jane Selzer
12:15-1:15 Pool	Aqua Exercise	Torello Cabrol
12:45-1:45 Studio B	Stretching	Jane Selzer
4:30-5:30 Studio A	Healthy and Fit Kids <i>Free to Members</i>	Emily Rodriguez
5:30-6:30 Studio A	Total Body Conditioning	Debbie Carrion
5:30-7:00 Studio B	Vinyasa Yoga	Naomi Jaffe
6:30-7:30 Studio A	Pilates	Barbara Elovic
7:30-8:30 Studio A	Urban Rebounding	Debbie Carrion

FRIDAY

6:00-7:00 Spin Studio	Spinning®	Tracey Griner
6:30-7:30 Studio B	Hatha Yoga ☺	Akwesi Asante
7:00-7:30 Studio A	Core Connection	Tracey Griner
9:15-10:15 Studio B	MasterFitness™	Akwesi Asante
9:30-10:30 Studio A	Urban Rebounding	Delida Torres
10:30-11:30 Studio A	Total Body Conditioning	Delida Torres
11:00-12:00 Studio B	Mat Pilates	Sophia Burrell
12:00-1:00 Pool	Aqua Exercise	Simone Egan
12:00-1:00 Studio A	Mat Pilates	Sophia Burrell
12:00-1:00 Studio B	Gentle Yoga ☺	Thomas Coleman
1:00-2:00 Studio B	Vinyasa Yoga <i>Intermediate</i>	Thomas Coleman
4:00-5:00 Studio A	Mat Pilates <i>Advanced</i>	Barbara Elovic
4:00-5:30 Studio B	Vinyasa Yoga <i>Multi Level Class</i>	Naomi Jaffe
6:00-7:00 Spin Studio	Spinning®	Alma Bonilla
6:30-7:30 Studio B	Gentle Yoga (Integrated Movement)	Mare Heironimus

SATURDAY

9:00-10:00 Spin Studio	Spinning® <i>Colorized™</i>	Ed Esposito
9:30 - 10:00 Studio A	Stretching	Patrice Pinder
9:30-10:30 Studio B	Tai Chi	Phil Catapano
10:00-11:00 Studio A	Belly Dance	Patrice Pinder
10:00-11:00 Spin Studio	Spinning®	Ed Esposito
10:30-12:00 Studio B	Vinyasa Yoga <i>Intermediate</i>	Thomas Coleman
11:00- 12:00 Studio A	Urban Rebounding	Debbie Carrion
11:00-12:00 Spin Studio	Spinning®	Tracey Griner
12:00-1:00 Studio A	<i>Zumba</i>	Alma Bonilla
12:00-1:30 Studio B	Vinyasa Yoga ☺	Thomas Coleman
1:00-2:30 Studio A	Hip Hop <i>Youth & Teen Friendly</i>	Ray Davis
1:30-2:30 Studio B	Family Yoga	Tom Coleman
3:00-4:30 Studio B	Vinyasa Yoga <i>Intermediate</i>	Naomi Jaffe

SUNDAY

8:30-9:45 Studio B	Hatha Yoga	Sophia Burrell
9:30-10:30 Studio A	Total Body Conditioning	Avion Edwards
10:00-11:00 Studio B	Mat Pilates <i>Intermediate</i>	Sophia Burrell
10:30-11:30 Studio A	Step	Avion Edwards
12:00-1:30 Studio A	Hip-Hop <i>Youth & Teen Friendly</i>	Ray Davis
12:00-1:00 Studio B	Hatha Yoga (Integrated Movement)	Mare Heironimus
1:00-2:00 Studio B	Hatha Yoga (Integrated Movement)	Mare Heironimus
1:30-2:30 Studio A	<i>Zumba</i>	Alma Bonilla
2:30-3:30 Studio A	Urban Rebounding <i>New Class</i>	Debbie Carrion

☺ All Levels Welcome