



**NEWPORT COUNTY YMCA**  
792 VALLEY ROAD, MIDDLETOWN, RI 02842

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

January 2 -February 26, 2012

**Group Exercise Schedule**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30am Cycle* Rebecca	5:30am Body Design Patricia	5:30am Cycle Design* Moira	5:30AM Step-n-Weights Michelle	5:30am Cycle* Michelle	
7:00AM Cycle* Kathleen		7:00AM Cycle* Kathleen		7:00AM Cycle* Rebecca	7:05AM Cycle* Courtney
8:00AM <b>AOA 1/9/12</b> Mary G.	8:00AM AOA-Dance 101 Denise	8:00AM AOA Ana	8:00AM AOA Mary G.	8:00AM AOA-Yoga Sharon	8:15AM Zumba I Fatima
9:00AM Kickboxing Design Tish	9:00AM Step II-III Ana	9:00AM H.I.I.T Ana	9:00AM Kick-n-Core Cheryl	9:00AM Cardio Strength Fusion Martina	9:45AM Yoga Emily
10:00AM Zumba II Anya	10:00AM Body Design Karen H.	10:00AM 30 & 30 Julie	10:00AM Yoga Cardio Core Sharon	10:00AM Zumba II Kathy	
11:00AM Senior Strength* <b>Mary 1/9/12</b>	11:00AM Dancing w/Parkinsons*	11:00AM Cycle Karen H.	11:00AM Senior Strength* Mary	11:00AM Creative Dance* Revka	
12:00Noon Step-n-Sculpt Julie	Adapted Physical Activity*		12-2pm Looking Upwards*	12:00PM Creative Dance* Revka	
					<b>Sunday</b>
4:15PM Yoga Flow Sharon	4:00PM Kids Yoga* Martina	4:15PM Core & Condition Kara	4:15PM Fitness 101 Kim		8:00AM Tai Chi-Deb YMCA-room tbd
5:30PM Kickboxing Cheryl	5:30PM Cardio Sculpt Tish	5:30PM Cycle* Courtney	5:30PM Cycle* Kathleen		8:30AM Body Design Patricia
6:30PM Zumba II Kathy	6:30PM Yoga Karen V.	6:30PM Cardio Jazz Dance Kathryn B.	6:30PM Zumba II/Toning Kathy		9:45AM Yoga Karen

**For the consideration of members and instructors, please arrive on time for all classes.**

**Class size is 35. Sign in at desk is required.**

**\*Cycle classes** require signing up before class at front desk. Bikes are limited to first come, first serve.

**\*Creative Dance, Kids Yoga, Mom's in Motion, Mom-n-Me Yoga, Sr. Strength**-requires separate registration in office.

**\*Ports. Offsite Classes** available in Common Fence Point-Strength & Stretch (addit'l fee)

**Master Classes** will be offered throughout the year. These are an additional cost & registration required.

All monies raised support the Programs of the YMCA.

**Studio Email List-need updates? Email me at [groupx@newportymca.org](mailto:groupx@newportymca.org) and stay informed!**















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