

STAUNTON- AUGUSTA YMCA GROUP FITNESS SCHEDULE

NOVEMBER

2009

STUDIO A

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-6:45 AM *GreenYoga* Wendy (2, 16, 30) Wendy (9) Ginger (23)					
	8:30-9:25 AM *PILATES B* Sheree (2, 16, 30) Ginger (9, 23)	8:30-9:25 AM *VINYASA* YOGA Ginger (3, 17) Sheree (10, 24)	8:30-9:25 AM *YOGA* BASICS Sheree (4, 18) Ginger (11, 25)		8:30-9:25 AM *PILATES A* Ginger (6, 20) Sheree {13} No class (27)	
	9:30 AM *NIA* Anya No class for November	9:35-11:05AM YOGA Marsha	9:35-11:05AM YOGA Marsha	9:30-10:30AM *VINYASA* YOGA Sheree (5) Trish (12, 19) No class (26)		10:00-11:05 AM *YOGA* BASICS Sheree (7) Wendy (14) Ginger (21) Kara (28)
		11:15-12 AM *P.A.C.E.* Peggy (3, 17, 24) Billie (10)	11:15-11:45 *GENTLE STRETCH* Marsha	11:15-12 AM *P.A.C.E.* Carol (5, 19) Peggy (12) No class (26)	11:15-11:45 GENTLE STRETCH Marsha	11:15-12 AM *P.A.C.E.* Billie (7) Carol (14, 28) Peggy (21)
	4:30-5:25 PM *YOGA* BASICS Ginger (2, 9, 16) Sheree (23, 30)					
	5:30-6:25 PM *PILATES A* Lisa (2, 23) Sheree(9, 30) Wendy (16)	5:30-6:45 PM *VINYASA* YOGA Wendy		5:30-6:45 PM *VINYASA* YOGA Kara		
		7:00-8:30 PM YOGA Marsha \$		7:00-8:30 PM YOGA Marsha \$		\$ = Paid Class * = No Fee

CLASSES RUN BACK TO BACK SO PLEASE LEAVE SHOES, COATS, ETC... OUTSIDE THE DOOR OR IN A LOCKER. WHEN LIGHTS ARE ON AND DOOR IS OPEN FEEL FREE TO ENTER.

INSTRUCTORS ARE SUBJECT TO CHANGE

NO ADDITIONAL CHARGE FOR YMCA MEMBERS

CLASSES THAT AVERAGE LESS THAN (5) PARTICIPANTS ARE SUBJECT TO REMOVAL FROM THE SCHEDULE
 CONTACT SHEREE KISER, FITNESS COORDINATOR OR ISAAC COFFEY, SENIOR FITNESS/MEMBERSHIP DIRECTOR
 IF YOU SHOULD HAVE ANY QUESTIONS OR CONCERNS THAT WE CAN HELP YOU WITH.