

NOVEMBER STAUNTON-AUGUSTA YMCA FITNESS SCHEDULE STUDIO B 2009							
SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
If you're a regular to our spin classes please consider purchasing a heart rate monitor & strap or a strap. Thank you!	5:45 AM *MUSCLE MAX* Cindy (2,16) Lisa (9, 30) Wendy (16)	5:45 AM *SPINNING* Mark (3 I) Lisa (10S, 24I) Wendy (17 E)	5:45 AM *MUSCLE MAX* Wendy (4, 18) Lisa (11, 25)	5:45 AM *CARDIOVARIETY* Lisa (5, 19) Wendy (12)	5:45 AM *SPINNING* PLUS STRETCH Lisa (6 E) Wendy (13 I) Mark (20 S) No class (27)	SPINNING KEY: INTERVAL - I ENDURANCE - E STRENGTH - S RECOVERY - R RACE DAY - RD	
	GREEN YOGA 6:00 - 6:45 AM (Held in Studio A) Instructors on Studio A schedule	8:30 AM *LOW IMPACT* Billie (3) Cathy (10, 17, 24)	PLEASE NOTE! ZUMBA starts at 8:35 AM		8:30 AM *SPINNING* Jen (5 S) Mark (12 E) Ginger (19 I) No class (26)		8:30 AM *SPINNING* Jen (7 E) Wendy (14 I) Avis (21 S) Kara (28 I)
	8:30 AM *Fit For Life* Ginger (2, 30) Billie (9) Cathy (16)	8:30 AM \$BOOTCAMP\$ Sheree (3, 17) Ginger (10, 24)	*ZUMBA* Maria (4, 11, 18, 25)		8:30 AM \$BOOTCAMP\$ Sheree (5) Ginger (12) Jen (19) No class (26)		8:30 AM *Fit For Life* Billie (6) Cathy (13, 20) No class (27)
	9:30 AM *CARDIOBOXING* Jen (2, 16, 30)	9:30-10:25 AM *SPINNING* Jen (3 E, 17 S) Ginger (10 I, 24 E)	9:30 AM *MUSCLE MAX* Maria (4) Trish (11) Jen (18) Iris (25)		9:30 AM *SPINNING* Mark (6 I) Ginger (13 S) Jen (20 E) No class (27)		9:30 AM *MUSCLE MAX* Jen (7) Kara (14) Iris (21) Cindy (28)
	1:30 PM *STEP* Neida (1) Iris (8) Lisa (15) Sheree (22, 29)	*ZUMBA* Maria (9, 23)	10:30 AM *STEPABSPRESS* Jen (4, 18) Trish (11) Iris (25)		11:00 AM *SENIOR WELLN.* Sheree (6) Ginger (13) Jen (19) No class (27)		10:30 AM *REP REEBOK* Same as above
2:30 PM *SPINNING* Lisa (1 I) Kara (8 S) Lise (15 E) Ginger (22 I) Iris (29 S)	10:30 AM *REP REEBOK* Same as above	11:00 AM SENIOR WELLN.	10:30 AM *STEPABSPRESS* Jen (4, 18) Trish (11) Iris (25)	12:05 PM *STEP CHOICE* Sheree (5) Lise (12, 19) No class (26)	10:30 AM *REP REEBOK* Sheree (6) Ginger (13) Jen (19) No class (27)	PLEASE NOTE THE CHANGE TO 5:30 PM TUESDAYS AND 9:30AM THURSDAYS	
	4:30 PM *STEP CHOICE* Neida (2, 16) Avis (9, 23) Iris (30)	12:05 PM *STEP-N-SHAPE* Lise (3, 10) Sheree (17) TBA (24)	4:30 PM *STEPABSPRESS* Iris (4) Neida (11) Avis (18) No PM class (25)	4:30 PM *MUSCLE MAX* Avis (5) Neida (12) Cindy (19) No class (26)	4:30 PM *SPINNING* Cindy (6 S) Lise (13 E) Avis (20 I) No class (27)		
\$ = Paid Class ** = No addtl. Fee	5:30 PM *MUSCLE MAX* Neida (2, 16) Avis (9, 30) Cindy (23)	5:30 PM *ZUMBA* Cindy (3) Neida (17) *CARDIOBOXING* Maria (10) Cindy (24)	5:30 PM *SPINNING* Avis (4 E) Iris (11 I) Cindy (18 I) No PM class (25)	5:30 PM *ZUMBA* Maria (5, 12, 19) No class (26)	***FYI*** CLASS CHANGES FOR THANKSGIVING THERE WILL NOT BE PM CLASSES ON THE 25TH AND NO CLASSES ON 26TH AND NO CLASSES ON 27TH CLASSES RESUME ON THE 28TH	CLASSES THAT AVERAGE LESS THAN (5) ARE SUBJECT TO REMOVAL FROM THE SCHEDULE. ANY QUESTIONS OR CONCERNS SEE SHEREE KISER FITNESS COORDINATOR OR ISAAC COFFEY SENIOR WELLNESS/ MEMBERSHIP DIRECTOR	
		5:30 PM *Nordic Walking B*					
	6:00 PM \$BOOTCAMP\$ Myron	CANCELLED FOR NOVEMBER	6:00 PM \$BOOTCAMP\$ Myron				
Instructors are subject to change. No additional fee for YMCA members = **/ \$ = Paid Class Classes that average less than 5 participants are subject to removal from the schedule.							