



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**










YMCA Mission To put Judeo-Christian principles into practice through programs that build a healthy spirit, mind, and body for all.

# February 2012

## Group Fitness Classes

**Bryan Family YMCA**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p><b>Bryan Family YMCA</b> 501 W. Market Street Greensboro, NC 27401 336-478-9622 www.BryanYMCA.org</p> <p>All Aerobic classes are 50 minutes unless otherwise noted. ^ = 20 min class * = 45 min class <b>Bold = Fee and/or registration required</b></p> <p>Cycle class numbers indicate durations of class time.</p> <p><i>Please participate in classes you enjoy and encourage your friends to do the same. Classes are subject to change if attendance is low.</i></p>	<p> = New Class  = New Class Time  = New Instructor</p>	<p><b>1</b></p> <p>6:00 – Rm. 1, XI, Shaunna 8:00 – Rm. 1, SSCardio, Lynne 9:00 – Rm. 1, L.I.T.E., Abbie 9:00 – Rm. 3, Yoga2, Alison 10:00 – Rm. 1, SSR0M, Judy <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, 20's, Dacia 12:00 – CS, Cycle 60, Abbie 4:30 – Rm. 1, Pilates, Tina 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, ET, - Jen 5:30 – Rm. 3, Yoga Flow, Karen (90 minutes) 6:00 – CS, Cycle 60, Amanda  <b>6:30 – Rm. 1, Zumba, Nicole</b> <b>7:00 – Rm. 3, Tai Chi, Eric (\$)</b> (90 minutes)</p>	<p><b>2</b></p> <p>6:00 – CS, Cycle 50, D. 8:30 – Rm. 3, Gentle Yoga, Ann <b>9:00 – Rm. 1, ZumbaTone, Janet P.</b> 11-1 – CS, Open Ride 12:00 – Rm. 1, ET, Cindy B. 4:30 – Rm. 1, HIIT, Alicia <b>5:30 – Rm. 3, HC, Jen (30 minutes)</b> 5:30 – Rm. 1, FabAbs^, Kelly 6:00 – Rm. 1, XI, Kelly 6:00 – CS, Cycle 45, Sally 6:00 – Rm. 3, Yoga, Courtney 7:00 – Rm. 1, RESERVED</p>	<p><b>3</b></p> <p>6:00 – Act Rm. 1, Yoga, Ann 6:00 – Rm. 1, Step, Lindsay 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, Hi/Lo, Helen 10:00 – Rm. 1, SSR0M, Lynne 12:00 – CS, Cycle 60, Jen 12:00 – Rm. 1, Yoga1, Janelle 12:00- Rm. 3. Power Hour, Marshall (limit 10 participants) 5:30 – Rm. 1, Zumba, Sabrina  <b>5:30- Rm 3. Dance Lessons with Tim Saunders- (\$)</b></p>	<p><b>4</b></p> <p>8:00 – Rm. 1, "Half Kundalini" Yoga, Karen <b>9:00-Track- Super Circuit- Aaron- (\$)</b> <b>\$5 - Members</b> <b>\$10- Nonmembers</b> <b>9:15 – Rm. 1, Tag Team Workout,- TBS, Linda and Susan</b> 9:30 – CS, Cycle 60, Abbie</p>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>
<p><b>12:30- Rm. 1, "Special Feature Class" Deep Stretch and Restore Yoga, Ann</b> * Please bring your own blanket (75 minutes)</p> <p>2:00 – Rm. 1, <b>DRUMS ALIVE*</b> Drums Alive, Dacia </p> <p><b>2:00- CS, Cycle 60, Courtney</b></p> <p>3:15 – Rm. 1, Yoga, Carolyn</p>	<p>6:00 – Rm. 1, XI, Veronica 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, Hi/Lo, Helen 9:00 – Rm. 3, Matflex, Abbie 10:00 – Rm. 1, SSCardio, Helen <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, SculptFusion, Cindy B. 12:00 – CS, Cycle 60, Amanda 4:30 – Rm. 1, ET, Dacia 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, Circuit, Amanda 5:30 – Rm. 3, YogaCore, Janelle 6:00 – CS, Cycle 60, Sally 6:30 – Rm. 1, Zumba, Sabrina 6:30 – Rm. 3, Yoga2, Gina</p>	<p>6:00 – Rm. 1, Yoga , Ann 6:00 – CS, Cycle 50, Abbie <b>8:30 – Rm. 3, Fundamentals of Yoga, Ann</b> 9:00 – Rm. 1, ET, Alicia 11 – 1 – CS, Open Ride 12:00 – Rm. 1, Power Yoga, Karen 4:30 – Rm. 1, Pilates, Abbie 5:30 – Rm. 1, FB Express, Janet H. 5:30 – Rm. 3, FabAbs^, Jen 6:00 – Rm. 3, Yoga1&amp;2, Ramona 6:00 – CS, Cycle 45, Jen</p>	<p>6:00 – Rm. 1, ET, Shaunna 8:00 – Rm. 1, SSCardio, Lynne 9:00 – Rm. 1, Nia, Cyndy W.  9:00 – Rm. 3, Yoga2, Alison 10:00 – Rm. 1, SSR0M, Judy <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, ET, Jen 12:00 – CS, Cycle 60, Abbie 4:30 – Rm. 1, Sculpt, Tina 4:30 – Lobby, Busy Bodies- Kid'sFitness, Amanda <b>5:30 – Rm. 1, Tag Team Workout, Combat &amp; XI with Jen &amp; Aaron</b> 5:30 – Rm. 3, Yoga Flow, Karen (90 minutes) 6:00 – CS, Cycle 60, Amanda  <b>6:30 – Rm. 1, Zumba, Nicole</b> <b>7:00 – Rm. 3, Tai Chi, Eric (\$)</b> (90 minutes)</p>	<p>6:00 – CS, Cycle 50, Abbie 8:30 – Rm. 3, Gentle Yoga, Janelle 9:00 – Rm. 1, L.I.T.E., Abbie 11-1 – CS, Open Ride <b>12:00 – Rm. 1, Plyomat, Cindy B.</b> 4:30 – Rm. 1, XI, Alicia <b>5:30 – Rm. 3, HC, Jen (30 minutes)</b> 5:30 – Rm. 1, FabAbs^, Kelly 6:00 – Rm. 1, TK, Kelly 6:00 – CS, Cycle 45, Sally 6:00 – Rm. 3, Yoga2, Janelle 7:00 – Rm. 1, RESERVED</p>	<p>6:00 – Act Rm. 1, Yoga, Ann 6:00 – Rm. 1, Sweat, Veronica 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, CP, Helen 10:00 – Rm. 1, SSR0M, Lynne 12:00 – CS, Cycle 60, Courtney 12:00 – Rm. 1, Yoga1, Janelle 12:00- Rm. 3. Power Hour, Marshall (limit 10 participants) 5:30 – Rm. 1, Drums  Alive, Dacia <b>5:30- Rm 3. Dance Lessons with Tim Saunders- (\$)</b></p>	<p><b>7:30 - CS, Tag Team Workout Cycle/Yoga" Lisa and Ann</b> <b>1/2 Cycle 1/2 Yoga (90 minutes)- Limited Space</b> Max. 22 participants- please sign up at front desk.</p> <p>8:00 – Rm. 1, Yoga, Karen</p> <p><b>9:00-Track- Super Circuit- Duff- (\$)</b> <b>\$5 - Members</b> <b>\$10- Nonmembers</b></p> <p>9:15 – Rm. 1, Fatburner, Janet H. (75 minutes) 9:30 – CS, Cycle 60, Abbie</p>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>12</p> <p>2:00 – Rm. 1, Combat- Aaron</p> <p><b>2:00 - CS 60, Cycle, Courtney</b></p> <p>3:15 – Rm. 1 Yoga, Janelle</p> <p><b>4:30- Rm 3- "Hot Vinyasa Yoga"- Alison (\$)</b> <b>(90 minutes)</b> <b>\$5 - Members*</b> <b>\$10- Nonmembers</b> <small>Space is Limited Max 20 Participants</small></p> 	<p>13</p> <p>6:00 – Rm. 1, ET, Lindsay 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, Hi/Lo, Helen 9:00 – Rm. 3, Matflex, Abbie 10:00 – Rm. 1, SSCardio, Helen <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> <b>12:00 – Rm. 1, Latin Groove Hi/Lo, Cindy B.</b> 12:00 – CS, Cycle 60, Aaron 4:30 – Rm. 1, Sculpt, Donna 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, XI, Katie 5:30 – Rm. 3, YogaCore, Janelle 6:00 – CS, Cycle 60, David <b>6:30 – Rm. 1, Red Hot Zumba Valentine's Party, Nicole</b> 6:30 – Rm. 3, Yoga2, Gina</p> 	<p>14</p> <p><i>Happy Valentine's Day</i></p> <p>6:00 – Rm. 1, Yoga, Ann 6:00 – CS, Cycle 50, Lisa Barefoot 8:30 – Rm. 3, Yoga, Ann 9:00 – Rm. 1, ET, Alicia 11 – 1 – CS, Open Ride 12:00 – Rm. 1, Power Yoga, Karen 4:30 – Rm. 1, Pilates, Abbie 5:30 – Rm. 1, FB Express, Janet H. 5:30 – Rm. 3, FabAbs^, Jen 6:00 – Rm. 3, Yoga1&amp;2, Ramona 6:00 – CS, Cycle 45, Jen</p>	<p>15</p> <p>6:00 – Rm. 1, XI, Shaunna 8:00 – Rm. 1, SSCardio, Lynne 9:00 – Rm. 1, CP, Helen 9:00 – Rm. 3, Yoga2, Alison 10:00 – Rm. 1, SSR0M, Judy <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, PowerStep, Dacia 12:00 – CS, Cycle 60, Amanda 4:30 – Rm. 1, Zumba, Tina 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, Power Conditioning, Jen 5:30 – Rm. 3, Yoga Flow, Karen (90 minutes) 6:00 – CS, Cycle 60, Amanda 6:30 – Rm. 1, Zumba, Nicole <b>7:00 – Rm. 3, Tai Chi, Eric (\$)</b> <b>(90 minutes)</b></p> 	<p>16</p> <p>6:00 – CS, Cycle 50, D 8:30 – Rm. 3, Gentle Yoga, Janelle <b>9:00 – Rm. 1, ZumbaTone, Janet P.</b> 11-1 – CS, Open Ride 12:00 – Rm. 1, ET, Cindy B. <b>4:30 – Rm. 1, InLine Step, Alicia</b> <b>5:30 – Rm. 3, HC, Jen</b> <b>(30 minutes)</b> 5:30 – Rm. 1, FabAbs^, Kelly 6:00- Rm. 1, ET, Kelly 6:00 – CS, Cycle 45, Sally 6:00 – Rm. 3, Yoga2, Janelle 7:00 – Rm. 1, RESERVED</p>	<p>17</p> <p>6:00 – Act Rm. 1, Yoga, Elaine 6:00 – Rm. 1, ET, Veronica 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, L.I.T.E, Abbie 10:00 – Rm. 1, SSR0M, Lynne 12:00 – CS, Cycle 60, Jen 12:00 – Rm. 1, Yoga1, Janelle 12:00- Rm. 3. Power Hour, Marshall (limit 10 participants) 5:30 – Rm. 1, Zumba - Sabrina <b>5:30- Rm 3. Dance Lessons with Tim Saunders- (\$)</b></p> 	<p>18</p> <p><b>8:00 – Rm. 1, Back to Basics Yoga, Karen</b></p> <p><b>9:00- Track, Super Circuit- Jen</b> <b>\$5- Members</b> <b>\$10- Nonmembers</b></p> <p>9:15 – Rm. 1, CP, Aaron (75 minutes)</p> <p>9:30 – CS, Cycle 60, Abbie</p>
<p>19</p> <p>2:00 – Rm. 1, Drums Alive-Dacia</p> <p><b>2:00 - CS, Cycle 60, Courtney</b></p> <p>3:15 – Rm. 1 Yoga, Carolyn</p>	<p>20</p> <p>6:00 – Rm. 1, Step, Lindsay 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, CP, Helen 9:00 – Rm. 3, Matflex, Mary Beth 10:00 – Rm. 1, SSCardio, Helen <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, 20's, Cindy B. 12:00 – CS, Cycle 60, Aaron 4:30 – Rm. 1, ET, Dacia 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, S&amp;S, Amanda 5:30 – Rm. 3, YogaCore, Janelle 6:00 – CS, Cycle 60, Aaron 6:30 – Rm. 1, Zumba, Sabrina 6:30 – Rm. 3, Yoga2, Gina</p> 	<p>21</p> <p>6:00 – Rm. 1, Yoga, Ann 6:00 – CS, Cycle 50, Sally 8:30 – Rm. 3, Yoga, Ann 9:00 – Rm. 1, XI, Alicia 11 – 1 – CS, Open Ride 12:00 – Rm. 1, Power Yoga, Karen <b>4:30 – Rm. 1, PlyoMat, Cindy B.</b> 5:30 – Rm. 1, FB Express, Janet H. 5:30 – Rm. 3, FabAbs^, Jen 6:00 – Rm. 3, Yoga1&amp;2, Ramona 6:00 – CS, Cycle 45, Jen</p>	<p>22</p> <p>6:00 – Rm. 1, CP, Shaunna 8:00 – Rm. 1, SSCardio, Lynne 9:00 – Rm. 1, Nia, Cyndy W. 9:00 – Rm. 3, Yoga2, Alison 10:00 – Rm. 1, SSR0M, Judy <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> <b>12:00 – Rm. 1, Power Conditioning, Jen</b> 12:00 – CS, Cycle 60, Amanda 4:30 – Rm. 1, Sculpt, Tina 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, XI, Jen 5:30 – Rm. 3, Yoga Flow, Karen (90 minutes) 6:00 – CS, Cycle 60, Amanda <b>6:30 – Rm. 1, Zumba, Nicole</b> <b>7:00 – Rm. 3, Tai Chi, Eric (\$)</b> <b>(90 minutes)</b></p> 	<p>23</p> <p>6:00 – CS, Cycle 50, Lisa Barefoot 8:30 – Rm. 3, Gentle Yoga, Janelle 9:00 – Rm. 1, T&amp;S, Helen 11-1 – CS, Open Ride 12:00 – Rm. 1, ET, Cindy B. 4:30 – Rm. 1, HIIT, Alicia <b>5:30 – Rm. 3, HC, Jen</b> <b>(30 minutes)</b> 5:30 – Rm. 1, FabAbs^, Kelly 6:00- Rm. 1, Instructor's Choice, Kelly 6:00 – CS, Cycle 45, Sally 6:00 – Rm. 3, Yoga, Courtney 7:00 – Rm. 1, RESERVED</p>	<p>24</p> <p>6:00 – Act Rm. 1, Yoga, Ann 6:00 – Rm. 1, Sweat, Veronica 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, ET, Jen 10:00 – Rm. 1, SSR0M, Lynne 12:00 – CS, Cycle 60, Jen 12:00 – Rm. 1, Yoga1, Janelle 12:00- Rm. 3. Power Hour, Marshall (limit 10 participants) 5:30 – Rm. 1, Drums Alive - Dacia <b>5:30- Rm 3. Dance Lessons with Tim Saunders- (\$)</b></p> 	<p>25</p> <p>8:00 – Rm. 1, "Half Kundalini" Yoga Karen</p> <p><b>9:00- Track, Super Circuit- Aaron</b> <b>\$5- Members</b> <b>\$10- Nonmembers</b></p> <p>9:15 – Rm. 1, Fatburner Janet H. (75 minutes)</p> <p>9:30 – CS, Cycle 60, Abbie</p>
<p>26</p> <p>2:00 – Rm. 1 Zumba, Alison</p> <p><b>2:00 - CS, Cycle 60, Courtney</b></p> <p>3:15 – Rm. 1 Yoga, Alison</p> <p><b>4:30- Rm 3- "Hot Primary Series Yoga"- Karen (\$)</b> <b>(90 minutes)</b> <b>\$5 - Members*</b> <b>\$10- Nonmembers</b> <small>Space is Limited Max 20 Participants</small></p> 	<p>27</p> <p>6:00 – Rm. 1, ET, Lindsay 8:00 – Rm. 1, SSR0M, Lynne 9:00 – Rm. 1, Hi/Lo, Helen 9:00 – Rm. 3, Matflex, Mary Beth 10:00 – Rm. 1, SSCardio, Helen <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> <b>12:00 – Rm. 1, PlyoMat, Cindy B.</b> 12:00 – CS, Cycle 60, Amanda 4:30 – Rm. 1, Sculpt, Donna 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, Circuit, Aaron 5:30 – Rm. 3, YogaCore, Janelle 6:00 – CS, Cycle 60, Katie 6:30 – Rm. 1, Zumba, Nicole 6:30 – Rm. 3, Yoga2, Gina</p>	<p>28</p> <p>6:00 – Rm. 1, Yoga, Ann 6:00 – CS, Cycle 50, Lisa Barefoot 8:30 – Rm. 3, Yoga, Ann 9:00 – Rm. 1, ET, Alicia 11 – 1 – CS, Open Ride 12:00 – Rm. 1, Power Yoga, Karen <b>4:30 – Rm. 1, PlyoMat, Cindy B.</b> 5:30 – Rm. 1, FB Express, Janet H. 5:30 – Rm. 3, FabAbs^, Jen 6:00 – Rm. 3, Yoga1&amp;2, Ramona 6:00 – CS, Cycle 45, Jen</p> 	<p>29</p> <p>6:00 – Rm. 1, XI, Shaunna 8:00 – Rm. 1, SSCardio, Lynne 9:00 – Rm. 1, CP, Helen 9:00 – Rm. 3, Yoga2, Alison 10:00 – Rm. 1, SSR0M, Judy <b>11:00 – Rm. 1, Tai Chi, Eric (\$)</b> 12:00 – Rm. 1, S&amp;S, Dacia 12:00 – CS, Cycle 60, Amanda 4:30 – Rm. 1, Sculpt, Tina 4:30 – Lobby, Busy Bodies- Kid's Fitness, Amanda 5:30 – Rm. 1, ET, Jen 5:30 – Rm. 3, Yoga Flow, Karen (90 minutes) 6:00 – CS, Cycle 60, Amanda <b>6:30 – Rm. 1, Zumba, Nicole</b> <b>7:00 – Rm. 3, Tai Chi, Eric (\$)</b> <b>(90 minutes)</b></p>	<p><b>Special Feature Class This Month:</b> <b>Deep Stretch and Restore Yoga</b> - is a 75 minute class designed to focus on deep stretches and relaxation through supported poses that are still, restful, and nourishing. Please bring your own blanket.</p> <p><b>Class Specials:</b> <b>Tag Team Workouts! Two instructors one class!</b> * <b>Back to Basic Yoga</b>- Refresh your yoga knowledge by reviewing the foundation of this practice. * <b>Fundamentals of Yoga</b>- Ideal for those individuals interested in learning the practice of yoga or for those individuals interested in refresh their yoga knowledge. * <b>Half Kundalini Yoga</b>- focuses on the practices that expand sensory awareness and intuition in order to raise individual consciousness. This class is designed to accommodate young adults and up. <b>New Classes this month:</b> * <b>HC is Horizontal Conditioning</b>- This 30 minutes advanced class is designed for individuals interested in completing a full body strength workout in a short time. At least 50% of this class is done in a full plank position. Ideal for intermediate to advance fitness levels. * <b>InLine Step</b>- Step Aerobics performed with 2 steps side by side. * <b>ZumbaTone</b>- A combination of Zumba and toning exercises. * <b>Plyomat</b>- Intervals of Plyometric exercises followed by intervals of matworks. * <b>Power Conditioning</b>- This is an ideal workout for those looking to tone and sculpt every muscle in the body. The class is designed to target each muscle group for a given period of time. This is a great class for all fitness levels.</p>		