

8/1/2010

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Frisco Family YMCA-- Hall Office Park GROUP EXERCISE SCHEDULE

Group Fitness Schedule



All Group Fitness Classes are **free** to Frisco YMCA members.

MONDAY

TIME	CLASS	INSTRUCTOR
11:30-12:30	Cardio/Circuit Combo	Juliet
5:30-6:30	Flex	Rachel

THURSDAY

TIME	CLASS	INSTRUCTOR
11:30-12:30	Flex	Juliet
12:00 - 1:00	Spin	Clancy

TUESDAY

TIME	CLASS	INSTRUCTOR
11:30-12:30	Flex	Dreama
11:30-12:30	Spin *	Clancy

FRIDAY

TIME	CLASS	INSTRUCTOR
11:30 - 12:30	Vinyasa Yoga/Mat Pilates (1/2 Pilates, 1/2 Yoga)	Sheauny

WEDNESDAY

TIME	CLASS	INSTRUCTOR
10:30-11:30	Vinyasa Yoga	Sheauny
11:30-12:30	Step/Abs Blast	Juliet

* May need a Spin Pass

Flex: A weight training class that utilizes adjustable barbells to fit your strength level. Exercises will increase your muscle tone and help you lose fat.

Step: Come get a great cardio workout utilizing step Reebok benches and motivating music.

Spin: Looking for a high energy workout? Come try this ultra-calorie burning class as you ride on a stationary bike.

Yoga: Vinyasa : A dynamic and physically demanding practice of yoga that begins with sun salutations and links poses to form sequences.

Hours of Operation	
Monday - Thursday	5:30 am to 8 pm
Friday	5:30 am to 6 pm
Saturday	CLOSED
Sunday	CLOSED

Frisco Family YMCA
Hall Office Park
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www.FriscoYMCA.org

Schedule subject to change to accommodate the needs of members. Holiday hours may vary.