

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Frisco Family YMCA-- Main GROUP EXERCISE SCHEDULE

MONDAY

TIME	CLASS	INSTRUCTOR	ROOM
5:15 - 6:15	Spin*	Lori	M
5:15 - 6:15	Cardio Combo	Michelle	A
8:15 - 8:45	Step Express	Juliet	A
8:45 - 9:30	Flex Intervals	Juliet	A
8:30 - 9:30	Spin*	Lisa W.	M
8:30 - 9:30	Boot Camp	Rachel	G
9:30 - 10:25	Flex	Kelli	A
9:30 - 10:30	Spin*	Lisa W.	M
10:00 - 10:30	Awesome Abs	Laurie	G
10:30 - 11:25	Hatha Yoga	Sheauny	A
11:30 - 12:25	Step/Strength	Dreama	A
12:30 - 1:30	SilverSneakers®	Lisa J.	A
4:00 - 4:55	Spin*	Karin	M
5:00 - 5:55	Pilates	Robin	A
6:00 - 6:55	Spin*	Marcia	M
6:00 - 6:55	Zumba	Gladys	A
7:00 - 7:55	Yoga	Teresa	A

TUESDAY

TIME	CLASS	INSTRUCTOR	ROOM
5:15 - 6:15	Flex	Lori	A
8:30 - 9:25	Flex	Juliet	A
8:30 - 9:25	Spin*	Shelly	M
9:30 - 10:25	Spin*	Lisa W	M
9:30 - 10:25	Cardio Combo	Emmi	A
9:30 - 10:30	Lite Fitness Camp	Robin	G
10:30 - 11:25	Interval Training	Rachel	A
12:30 - 1:30	Hatha Beg. Yoga	Bob	A
5:00 - 5:55	Flex	Robin	A
5:00 - 6:00	Youth ***Circuit*	Omega	F
6:00 - 6:55	Pilates	Robin	A
7:00 - 7:55	Yoga	Michelle	A

WEDNESDAY

TIME	CLASS	INSTRUCTOR	ROOM
5:15-6:15	Spin/Abs/Arms*	Omega	M
8:30 - 9:25	Spin/Abs/Arms*	Rachel	M
8:30 - 9:25	Cardio Combo	Dreama	A
8:15 - 9:00	Lite Flex	Lisa W.	G
9:00 - 10:00	Cardio Extravaganza	Gladys	G
9:30 - 10:25	Flex	Kelli	A
9:30 - 10:30	Spin/Abs/Arms*	Lisa W.	M
10:00 - 10:30	Awesome Abs	Laurie	G
10:30 - 11:25	Kick Boxing	Kelli	A
11:30 - 12:25	Step/Strength	Dreama	A
12:30 - 1:30	SilverSneakers®	Lisa J.	A
5:00 - 5:55	Spin*	Lisa W./Marcia	M
5:00 - 5:55	Pilates	Robin	A
6:00 - 6:45	Zumba***	Gladys	G
6:00 - 6:55	Flex Intervals	Marcia	A

A=Aerobics Studio; F=Fitness Floor; M= Multi Purpose Rm.; G=Gym

* Requires Spin or Circuit Passes (Given out 15 min prior to classes)

***Ages 9 & UP

Hours of Operation

Monday - Friday	5 am to 9 pm
Saturday	7 am to 9 pm
Sunday	1 pm to 8 pm

Child Care Operation Hours

	Child Watch	Kid Zone
Monday-Thursday	8 am to 1 pm 3:30 pm to 8 pm	8 am to 1 pm 3:30 pm to 8 pm
Friday	8 am to 1 pm	8 am to 1 pm
Saturday	8 am to 1 pm	8 am to 1 pm
Sunday	1 pm to 4 pm	1 pm to 4 pm

THURSDAY

TIME	CLASS	INSTRUCTOR	ROOM
5:15 - 6:15	Spin*	Rachel	M
5:15 - 6:15	Flex	Michelle	A
8:30 - 9:25	Flex	Maureen	A
8:30 - 9:25	Spin*	Shelly	M
9:30 - 11:00	Spin*	Lisa W	M
9:30 - 10:25	Cardio Combo	Lori	A
10:30-11:30	Lite Fitness Camp	Robin	G
10:30 - 11:25	Flex	Dreama	A
12:45 - 1:45	Hatha Beg. Yoga	Bob	A
4:00 - 4:55	Flex	Robin/Shelly	A
5:00 - 5:55	Spin/Abs/Arms*	Clancy	M
5:00 - 6:00	Youth*** Circuit*	Omega	F
6:00 - 6:55	Flex	Julie	A
7:00 - 7:55	Yoga	Debbi	A

FRIDAY

TIME	CLASS	INSTRUCTOR	ROOM
5:15 - 6:15	Spin*	Lisa W.	M
8:00 - 8:30	Abs/Arms	Emmi	A
8:30 - 9:25	Kickbox	Emmi	A
8:30 - 10:00	Spin/Abs/Arms*	Rachel	M
8:30 - 9:30	Boot Camp	Gladys	G
9:30 - 10:00	Abs/Arms	Rachel	G
9:30 - 10:30	Spin*	Lisa W/Shelly	M
9:30 - 10:25	Bosu Flex	Lisa J.	A
10:00 - 10:30	Awesome Abs	Laurie	G
10:30 - 11:25	AOA Weights	Lisa J./Linda	F
10:30 - 11:25	Yoga	Mandie	A
11:30 - 12:30	Pilates	Robin	A
11:30 - 12:30	Lite Spin*	Linda	M
7:00 - 8:00	Ballroom Dancing	Lisa J.	A

Ballroom Dancing will not be every Friday.

SATURDAY

TIME	CLASS	INSTRUCTOR	ROOM
8:00 - 8:55	Flex	Shelly/Kayci	A
8:00 - 9:30	Spin/Abs/Arms*	Lisa W/Shelly/Omega	M
9:00 - 10:00	Cardio Combo	Mandie/Emmi	A
9:30 - 10:30	Spin*	Kelli/Lori	M
10:30 - 11:25	Hatha Yoga	Lisa J/Angel	A
11:30 - 12:25	Flex/Pilates	Sheauny	A

SUNDAY

TIME	CLASS	INSTRUCTOR	ROOM
2:30 - 4:00	Fat Blaster Spin*	Marcia	M

YMCA
Y of Metropolitan Dallas
Frisco

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