



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May Group Exercise Schedule McLeod Family YMCA

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Group Cycling 06:00-07:00am Lance	Zumba 06:00-07:00am Kayla	Group Cycling 06:00-07:00am Lance	Zumba 06:00-07:00am Kayla	Group Cycling 06:00-07:00am Gina	
		Intermediate Spanish 07:50-08:50am Domenica				
		Yoga 08:55-09:55am Aparna		Yoga 08:55-09:55am Aparna		X-Tended Group Cycling 08:00-09:15am Staff
	SilverSneakers Cardio Circuit 09:00-10:00am Holly		SilverSneakers Cardio Circuit 09:00-10:00am Holly		SilverSneakers Cardio Circuit 09:00-10:00am Holly	Zumba 09:30-10:30am Kayla
	Strength & Stretch 10:30-11:30am Laura	Cardio Combat 10:05-11:05am Jenn	Strength & Stretch 10:30-11:30am Laura	Cardio Combat 10:05-11:05am Jenn	Strength & Stretch 10:30-11:30am Jenn	
		Body Bars 11:15-11:45am Jenn		Body Bars 11:15-11:45am Jenn		
No Classes on Sunday 12:00-06:00pm Have a great week-end	Yoga 101 12:05-01:05pm Aparna		Yoga 101 12:05-01:05pm Aparna		Stitch & Gripe 12:00-02:00pm Staff	
	Chair Yoga 01:15-02:00pm Lena	SilverSneakers MSROM 01:00-02:00pm Holly/Kathleen	Chair Yoga 01:15-02:00pm Lena	SilverSneakers MSROM 01:00-02:00pm Holly		
	Rip'N Ride 04:30-05:30pm David				Zumba 04:30-05:30pm Kayla	
	Group Cycling 05:45-06:45pm Gina	Group Cycling 05:15-06:15pm Gary	Group Cycling 05:45-06:45pm Gina	Group Cycling 05:15-06:15pm Gary		
		Zumba 06:30-07:30pm Cari		Zumba 06:30-07:30pm Cari		
	ATA Taekwondo 07:15-08:00pm Horton		ATA Taekwondo 07:15-08:00pm Horton			
Green Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Yoga 08:00-09:00am Katelyn
						Pilates Mat 10:30-11:30am John
	Meditation 11:30-12:00pm Aparna		Meditation 11:30-12:00pm Aparna			



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Green Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Beginning Yoga 05:15-06:15pm Jessica				
	ATA Taekwondo youth 6-8 06:00-06:30pm Horton	Yoga Flow 06:30-07:30pm Jessica	ATA Taekwondo youth 9-12 06:30-07:15pm Horton	ATA Taekwondo youth 6-8 06:00-06:30pm Horton		
	ATA Taekwondo youth 9-12 06:30-07:15pm Horton			Yoga Flow 06:30-07:30pm Katelyn		

Daddy & Me-Mothers Day Gift Creation: Mom always say's the best gift is the one from the heart! Join us as we make mom a very special gift! Held at both the McLeod YMCA and Horn YMCA on May 4th from 6:30 pm - 8 pm. Please let the front desk know that you plan to attend so we can buy enough supplies.

Member Appreciation Day: Join us as we celebrate our Graduates and their family. Bring a snack to share, cupcakes will be provided. May 16th 11 AM to 1 PM.

The McLeod YMCA Summer Kick Off Celebration: Is scheduled for Saturday, May 19, 2012 10:00 AM —2:00 PM. Come join us as we kick off the summer at the Y! You can meet our staff and tour our beautiful facility. There will be food, fun and games! The outdoor pool will be open for swimming and games. Free to everyone so invite your neighbors.

Pay the Day in May: Become a member during our Pay the Day promotion for the month of May and your joining fee is discounted according to the day you join. On May 1st you only pay \$1 joining fee... on May 15th you pay \$15 joining fee... and so on to the 31st!

Take a Hike at the Y fitness Challenge starting soon: Watch the bulletin boards for details.