



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

May Group Exercise Schedule

Horn Family YMCA

Group Exercise Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Pilates 06:15-07:00am Gail		Pilates 06:15-07:00am Gail		Pilates 06:15-07:15am Gail	
	Strength & Stretch 07:45-08:30am Shanshan					
		Zumba 08:00-09:00am Shanshan	Strength & Stretch 08:00-09:00am Shanshan	Zumba 08:00-09:00am Shanshan	Strength & Stretch 08:00-09:00am Shanshan	Zumba 08:30-09:30am Valarie
	Prime Time Cardio 09:15-10:15am Julie	NIA 09:00-10:00am Amina	Prime Time Cardio 09:15-10:15am Julie	NIA 09:00-10:00am Amina	Prime Time Cardio 09:15-10:15am Julie	
	SilverSneakers MSROM 10:30-11:30am Shirley	SilverSneakers MSROM 10:30-11:30am Sam	SilverSneakers MSROM 10:30-11:30am Shirley	SilverSneakers MSROM 10:30-11:30am Julie	SilverSneakers MSROM 10:30-11:30am Julie	Pilates 10:00-11:00am Cheryl
						Yoga 11:05-12:05pm Aparna
No Classes on Sunday 12:00-06:00pm Enjoy!	Yoga 12:15-01:00pm Cheryl	Cardio Dance Fitness 12:15-01:00pm Kayla	Yoga 12:15-01:00pm Cheryl	Zumba 12:15-01:00pm Janet	Yoga 12:00-01:00pm Gail	Shoshin Ryu Kids 12:15-01:15pm Eric
						Shoshin Ryu 01:15-03:15pm Eric
	Zumba 04:30-05:10pm Shanshan	NIA 04:15-05:15pm Katy	Zumba 04:30-05:15pm Shanshan	NIA 04:15-05:15pm Amina		
	Pilates 05:30-06:30pm Cheryl	Power Hour 05:30-06:30pm Greg	Power Step 05:30-06:30pm Jim	Power Hour 05:30-06:30pm Greg		
	Zumba 06:35-07:35pm Rhonda	Zumba 06:35-07:35pm Rhonda	Zumba 06:35-07:35pm Rhonda	Zumba 06:35-07:35pm Valarie	Cardio Dance Fitness 06:15-07:15pm Kayla	
	18 Sanuces Ryu 07:35-08:00pm Nick	Shoshin Ryu 07:45-08:45pm Eric		Shoshin Ryu 07:45-08:45pm Eric	TaiKwonDo Beginner 07:15-08:00pm Nick	
	Sanuces Ryu Advanced 08:00-09:00pm Nick				18 TaiKwon Do Adv 08:00-09:00pm Nick	
MPR-Downstairs						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cycling 06:00-07:00am Sue		Cycling 06:00-07:00am Sue		
						Rip-n-Ride 08:30-09:30am David



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MPR-Downstairs						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						Tai Chi 09:45-10:45am Jared
		Mensendieck 10:30-11:30am Yvonne		Mensendieck 10:30-11:30am Yvonne		
						18+ Mixed Martial Arts 11:00-12:45pm Nick
		Physability 12:00-01:00pm Pearl		Physability 12:00-01:00pm Pearl		
	Power Step 05:30-06:30pm Jim	Gentle Yoga 05:30-06:30pm Cheryl	Tribal Belly Dance 05:30-06:30pm Alisa	Pilates 05:30-06:30pm Cheryl		
	Cycling 06:30-07:30pm Sue	BOSU 06:35-07:35pm Shirley	Cycling 06:30-07:30pm Sue	Yoga 06:30-07:30pm Cheryl		

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

Women's Self Defense Workshop: Sunday, June 17, from 1-5 PM. Register before June 16. Members \$20 non-members \$40. Come to work out! Bring a water bottle and towel. Refreshments served. Women and men may participate.