









FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING

OTTAWA YMCA GROUP EXERCISE SCHEDULE – MARCH 2019

March 2019	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		5:45-6:30 AM Boot Camp Pat- UD	**5:45-6:30 AM** Kettlebell 45 Pat-UD	5:45-6:30 AM Boot Camp Pat- UD		7:30-8:30 AM Boot Camp Rotating- UD
GROUP EXERCISE LOCATIONS:	8:05-8:50 AM Silver Sneakers Jerrine -SG	8:05-8:50 AM Silver Sneakers Amy -SG	8:05-8:50 AM Silver Sneakers Mery -SG	8:05-8:50 AM Silver Sneakers Rotating -SG	8:05-8:50 AM Silver Sneakers Rotating -SG	8:30-9:30 AM Zumba Rotating-UD
Upper Deck - UD						
Small Gym - SG	9:00-9:45 AM Chair Yoga Rotating-SG	9:00-10:00 AM Zumba - Karole - SG	9:00-10:00 AM Zumba - Janee- SG	9:00-9:45 AM Chair Yoga Rotating-SG	9:00-10:00 AM Zumba Karole-SG	9:30-10:30 AM Yoga Rotating - UD
All classes subject to change or cancellation.	9:00-10:00 AM Cardio Max Karen - UD		9:00-10:00 AM Cardio Max Karen - UD	9:00-10:00 AM Pound Karole- UD	9:00-10:00 AM Power Hour Anne - UD	
SCHEDULE MODIFICATIONS	10:00-11:00 AM Zumba - Janee - SG	10:00-10:30 AM Pound - Karole - UD	10:00-10:30 AM Core and More Emily - UD	10:00-10:30 AM Core and More - Kay-UD	10:00-10:45 AM Water Exercise Amy - Pool	10:00-10:45 AM Water Exercise Amy - Pool
Wednesday **5:45-6:30 AM** Kettlebell 45 Pat-UD		 10:00-10:45 AM Water Exercise Jerrine - Pool	10:00-10:45 AM Water Exercise Amy - Pool	 10:00-10:45 AM Water Exercise Karen-Pool	 10:00-11:00 AM Power Hour Kay - UD	
Tuesday **Starts March 12** 6:35-7:35 PM STRONG by Zumba Jen- UD		10:30-11:30 AM Gentle Yoga Kay - UD		10:30-11:30 AM Gentle Yoga Kay - UD		
	11:00-11:45 AM Gentle Yoga -Jerrine-UD		11:00-11:45 AM Gentle Yoga -Amy - UD			
	4:30-5:30 PM Power Hour John W - UD	4:30-5:15 PM Gentle Yoga Katie T - UD	4:30-5:30 PM Power Hour Ginny - UD		5:00-6:00 PM STRONG by Zumba Katie M- UD	
	5:30-6:30 PM Pound - Jeanne - SG	5:30-6:30 PM Power Hour Val - UD	5:30-6:25 PM Zumba - Jen - SG	5:30-6:30 PM Yoga w/Weights Michele - UD		
	5:30-6:15 PM Kettlebell 45 Michele-UD		5:30-6:25 PM Cardio Kick Val-UD			
	6:30-7:30 PM Yoga Michele- UD	 **6:35-7:35 PM** STRONG by Zumba Jen- UD	6:30-7:30 PM Yoga Jen- UD	6:35-7:20 PM Aqua Zumba - Jen - Pool		
		 6:35-7:20 PM Aqua Boot Camp Emily - Pool		6:45-7:30 PM Intro to Kettlebell Michele-UD		