













# Group Exercise Class Schedule

Greater Palm Harbor YMCA  
 1600 16<sup>th</sup> Street, Palm Harbor, FL 34683  
[www.ymcasuncoast.org](http://www.ymcasuncoast.org)  
 727-787-9622

## July 2008

### NEW CLASSES: TUESDAY 6 AM CYCLE II & MONDAY 7:30PM CYCLE & SCULPT

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-6:55 Cycling II (Joyce)	6:00-6:55 Cycling II (Tanya)	6:00-6:55 Cycling II (Joyce)	 6:00-6:55 Cycling II (Joyce)	6:00-6:55 Cycling II (Joyce)	7:00-7:55 Cycling II (Ralph)*
7:00-8:00 Conditioning Camp (Paid) (Miranda)	7:00-8:00 Conditioning Camp (Paid) (Miranda)	7:00-8:00 Conditioning Camp (Paid) (Miranda)	7:00-8:00 Conditioning Camp (Paid) (Miranda)	 7:00-8:00 Conditioning Camp (Paid) (Miranda)	 7:00-8:00 Conditioning Camp (Paid) (Miranda)
7:45-8:40 On The Ball (George)	8:00-8:55 Cycling I David	7:45-8:40 On The Ball (George)	8:00-8:55 Cycling II David	7:45-8:40 On The Ball (George)	8:00-8:55 Y Flex (Ralph)
8:45-9:40 Cardio & Sculpt Circuit (Ginny)	9:00-9:25 Awesome Abs (Miranda)	8:45-9:40 Cardio & Sculpt Circuit (Ginny)	9:00-9:25 Abs I (Deanna)	8:45-9:40 Cardio Combo (Joyce)	8:00-9:00 Fitness Walking* (George)
9:45-10:40 Kick & Sculpt II (Joyce)	9:30-10:25 Step & Sculpt (Bianca)	9:45-10:40 Cycle & Sculpt (Shawn)	9:30-10:25 Sweat & Sculpt (Deanna)	9:45-10:40 Body Sculpt (Deanna)	9:00-9:55 Cycling I (Shawn/Carol)
10:45-11:35  The Silver Sneakers Fitness Program (Joyce)	10:30-11:25 Pilates (Ralph)	10:45-11:35  The Silver Sneakers Fitness Program Cardio II (Patty)	10:30-11:25 Pilates (Ralph)	10:45-11:35  The Silver Sneakers Fitness Program (George)	10:00-10:55 Step II (Bianca)
11:45-12:40 Cycling (Ralph)	11:30-12:20  The Silver Sneakers Fitness Program (Maryann)	11:45-12:25 Pilates (Ralph)	11:30-12:20  The Silver Sneakers Fitness Program (Joyce)	11:40-12:20  The Silver Sneakers Fitness Program Yoga Stretch (George)	11:15-12:10 Yoga (Mary) * New Time*
 12:30-1:25 Body Sculpt (Miranda)	12:30-1:25 Body Sculpt (Miranda)	 12:30-1:25 Body Sculpt (Miranda)	12:30-1:25 Body Sculpt (Miranda)	12:30-1:25 Cycling II (Miranda)	
1:45-3:45 PHUHS Dance Team	1:30-2:00 Yoga Strength (Melissa/Miranda)	1:45-3:45 PHUHS Dance Team	1:30-2:00 Dynamic Stretching (Miranda)	2:30-3:00 Ultimate Abs (Miranda)	
4:00-4:45 Kids Karate (Paid) (Tony)	4:00-4:40 Abs & Core II (Marta)	3:45-4:20 Lil Dragons (Paid) (Tony)	4:00-4:40 Abs & Core II (Melissa/Ralph/Mary)	3:30-4:15 Kids Tumbling (Paid) (Aimee)	
5:00-5:30 Step I (Teresa)	4:45-5:25 Yoga (Mary)	4:30-5:15 Kids Karate (Paid) (Tony)	4:45-5:25 Yoga (Mary)	4:30-5:25 Kids Dodge Ball (Paid) (Angela)	
5:35-6:25 Zumba (Michelle)	5:30-6:25 Step III (Joe)	5:30-6:25 Cardio Combo (Joyce)	5:30-6:25 Step III (Joe)	5:30-6:25 Fit Kids & Family (Joyce)	
6:30-7:25 Kickboxing (Teresa)	6:30-7:25 Cycling I (Shawn)	6:30-7:25 Power Yoga (Bianca)	6:30-7:25 Body Sculpt (Shawn)	Extreme Fridays 6:30-7:30 (paid) (George)	
7:30-8:25 Cycle & Sculpt (Shawn & Tanya)	7:30-8:25 Qi Gong Yoga Stretch (George)	7:30-8:30 Cycle & Sculpt (Shawn)	7:30-8:25 Qi Gong Yoga Stretch (George)	 7:30-8:25 Qi Gong Yoga Stretch (George)	