



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Group Exercise Schedule

Effective: March 5, 2012

Group Exercise Schedule News:

Y Weight Challenge Starts March 5th!
Pick up your packet today at the Weclome Center!

R.I.P.P.E.D Is Here!!!!

Join Mialani on Wednesday mornings at 9:00am and Darline on Wednesday nights at 6:30 pm.

**R : Resistance
I: Interval
P: Power
P: Plyometrics
E: Endurance
D: Diet**

March is National Nutrition Month!

Ask About our Personal Training!

Meet Eli.....our new Personal Trainer

REFRESH, RENEW, REDISCOVER!

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				9:00 AM Zumba (Christina)			
	9:00 AM Zumba (Cindy)	9:00 AM Power Pump (Mialani)	9:00 AM R.I.P.P.E.D (Mialani)	9:00 AM Spin & Strength (Mialani)	9:00 AM Power Yoga (Mialani)		
	10:00 AM Yoga (Carey)	10:00 Cardio Strength (Juanell)	10:00 AM Yoga (Carey)	10:00 AM Cardio Combo (Sherri)	10:00 AM Yoga (Carey)	10:00 AM Zumba (Mialani)	
	11:15 AM Silver Sneakers (Myrtle)	11:15 AM Silver Sneakers Yoga Stretch (Sherri)	11:15 AM Silver Sneakers (Myrtle)	11:15 AM Silver Sneakers Yoga Stretch (Sherri)	11:15 AM Silver Sneakers (Myrtle)		
	5:30 PM Zumba (Juanell)	5:30 PM Power Pump (Darline)	5:30 PM Zumba (Sandra)	5:30 PM CSI Cardio Strength Invervals (Darline)	5:30 PM Zumba (Liliana)		
	6:30 PM Step & Sculpt (Kim)	6:30 PM Spin & Strength (Kristi)	6:30 PM R.I.P.P.E.D (Darline)	6:30 PM Spinning (Kristi)			
	6:30 Spinning (Juanell)	6:30 PM Yoga (Carey)		6:30 PM Yoga (Carey)			

For questions or concerns contact the Healthy Living Director, Juanell Leach, at 713-473-9441 or juanell@ymcahouston.org

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