

# DR. P. PHILLIPS YMCA



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

SUPPORTED BY  
*Dr. Phillips*  
CHARITIES



**MAKING  
HEALTHY  
LIVING  
EASIER**

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:15 AM	Studio A	PSOX TBD	INSANITY TBD			PSOX TBD	<b>CLASS COLOR KEY</b> HEALTHSEEKER/BEGINNER INTERMEDIATE ADVANCED **FEE BASED \$\$\$ KIDS Class		
	Strength Studio B			PSOX TBD	PIYO TBD				
5:30 AM	Zimand Family Cycle Studio	LES MILLS RPM™ Sarah				CARDIO CYCLE Holly			
6:00 AM	Zimand Family Cycle Studio		LES MILLS sprint Sarah		LES MILLS sprint Sarah				
	Studio A			CARDIO STRENGTH Donna	YOGA Holly				
	Pool		ADVANCED MASTERS SWIM		ADVANCED MASTERS SWIM		7-8:30 ADVANCED MASTERS SWIM		
7:00 AM	Zimand Family Cycle Studio					CARDIO CYCLE Terry			
	Lobby						RUN CLUB Kerri		
	Studio A			STRENGTH CYCLE 7:00am - 7:25am Terry			INSANITY Stuart		
7:15 AM	Strength Studio B				LES MILLS BODYPUMP™ Nikki				
7:30 AM	Strength Studio B		LES MILLS BODYPUMP™ Heidi						
	Zimand Family Cycle Studio			STRENGTH CYCLE 7:30am - 8:15am Terry					
	Studio A	TOTAL BODY CONDITIONING Bob		TOTAL BODY CONDITIONING Bob		TOTAL BODY CONDITIONING Bob			
8:00 AM	Strength Studio B	All classes are 55 minutes unless otherwise stated.						TAE KWON DO \$\$ Reserved 120 mins	
	Studio A	No bags allowed in Group Exercise Studios, for your safety & security.						CARDIO STRENGTH Donna	
	Mind/Body Studio C						LES MILLS BODYFLOW™ Nikki		
8:30 AM	Mind/Body Studio C	PILATES Leisa	PILATES Susan	YOGA Jen C.	POWER CORE Sarah				
	Zimand Family Cycle Studio	CARDIO CYCLE Cory	CARDIO CYCLE Israel	CARDIO CYCLE Cory	CARDIO CYCLE Israel	CARDIO CYCLE Israel	CARDIO CYCLE Israel		
	Studio A	INSANITY Israel	Cardio Strength Boot Camp Terry	INSANITY Israel	CARDIO STRENGTH Lorraine	POWER PILATES Lorraine			
9:00 AM	Studio A						KICKBOXING Donna	BODY BALLET Cuic	
	Pool	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Heidi	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Kerri	SHALLOW WATER FITNESS Susan	DEEP WATER FITNESS Steven	ADVANCED MASTER SWIM 90 mins	
	Kinesis Wall		KINESIS BASIC (Max 8)		KINESIS BASIC (Max 8)				
9:15 AM	Zimand Family Cycle Studio							LES MILLS RPM™ Julie	
	Studio A	LES MILLS BODYPUMP™ Trish	CARDIO STRENGTH Israel	LES MILLS BODYPUMP™ Angie	LATIN CARDIO Cuic	JAZZ Cuic			
	Mind/Body Studio C	HATHA YOGA Cathy	LES MILLS BODYFLOW™ Edith	YOGA Jen	LES MILLS BODYFLOW™ Edith	YOGA Jen			
9:30 AM	Strength Studio B	CARDIO STRENGTH Israel	TURBOKICK Kassandra	CARDIO STRENGTH Bob	CARDIO STRENGTH Lorraine	CARDIO STRENGTH Israel			
	Zimand Family Cycle Studio	LES MILLS RPM™ Julie	LES MILLS RPM™ Angie	CARDIO CYCLE Israel	CARDIO CYCLE Michelle	CARDIO CYCLE Lorraine	LES MILLS RPM™ (9:45am) Sarah		
	Omnia Room						OMNIA BASIC (Max 8)		
10:00 AM	Studio C						BORN TO MOVE Age 8-12		
	Studio A							LATIN CARDIO Cuic	
	Omnia Room	OMNIA BASIC (Max 12)		OMNIA BASIC (Max 12)					
10:15 AM	Strength Studio B							LES MILLS BODYPUMP™ Julie M.	

TIME	LOCATION	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
10:30 AM	Mind/Body Studio C		HATHA YOGA Viviana	LES MILLS BODYFLOW® Angie	YOGA Cathy			
	Strength Studio B	RESERVED CREATIVE MOVEMENT \$\$	BORN TO MOVE Age 3-4		CORE/ABS EXPRESS Michelle			
10:45 AM	Studio A	LATIN CARDIO Cuic	ZUMBA Natasha	ZUMBA Michele	BODY BALLET Cuic	ZUMBA Michele	ZUMBA Michele	
	Pool/Studio C		ADVANCED MASTERS SWIM 10:30A 90 Mins		ADVANCED MASTERS SWIM 10:30A 90 Mins		BORN TO MOVE Age 6-7	
11:00 AM	Studio A							YOGA 75 mins Alex / Holly
11:30 AM	Strength Studio B	ENHANCED FITNESS RESERVED PRIVATE PROGRAMMING		ENHANCED FITNESS RESERVED PRIVATE PROGRAMMING		ENHANCED FITNESS RESERVED PRIVATE PROGRAMMING		
11:45 AM	Mind/Body Studio C	YOGA Viviana	BASIC YOGA Viviana		BASIC YOGA Viviana	YOGA Alex / Leisa		
	Studio A	BODY BALLET Cuic		YOGA Holly			KINESIS 12pm	
12:15 PM	Studio A							LATIN CARDIO Dalia
12:30 PM	Pool		ZUMBA Michelle		ZUMBA Yuko			
12:30 PM	Studio B	ELEVATE		ELEVATE				
12:35 PM	Strength Studio B		FOREVER YOUNG TONING Sarah		FOREVER YOUNG TONING Cathy			
12:45 PM	Mind/Body Studio C	OMNIA 1PM Omnia Room	RELAXATION/ MEDITATION Viviana		RELAXATION/ MEDITATION Viviana			
1:00 PM	Strength Studio B							KICKBOXING Julie
1:05 PM	Studio A			ZUMBA gold Yuko		ZUMBA gold Yuko		
1:30 PM	Mind/Body Studio C		ACTIVE OLDER ADULT STRETCH Sarah		ACTIVE OLDER ADULT STRETCH Leisa			
2:00 PM	Strength Studio B	FOREVER YOUNG CHAIR YOGA Leisa						YIN YOGA (Studio C) Annie
2:30 PM	Strength Studio B		SILVER SNEAKERS Sarah		SILVER SNEAKERS Leisa			
3:30 PM	Strength Studio B						YOGA FUSION Heather	
4:30 PM	Studio A	RESERVED Youth Dance \$\$					<p><b>GX CLASS YOUTH POLICY</b></p> <p>Children ages 8-11 must be accompanied by a participating parent and are only allowed to join classes that do not use equipment.</p> <p>Youth ages 12-15 can participate in classes that include weights and cycle. Must be able to properly fit on a bike.</p> <p>Omnia or Kinesis are not permitted for children under the age of 12.</p> <p><b>KINESIS / OMNIA BASIC</b></p> <p>Classes are limited to 8 participants in Kinesis, 12 in Omnia. Sign up at the Wellness Concierge Desk.</p> <p><b>As of 5/8/17</b></p>	
4:30 PM	Mind/Body Studio C	POWER YOGA Kassandra	PILATES Leisa	YOGA Cathy	PILATES Heather			
5:30 PM	Zimand Family Cycle Studio		CARDIO CYCLE Kim					
	Strength Studio B	BOOT CAMP Michelle	INSANITY Stuart			BORN TO MOVE Age 6-7		
	Studio A	LES MILLS BODYPUMP® EXPRESS Nikki	CARDIO STRENGTH Bob	LES MILLS BODYCOMBAT® EXPRESS Trish	KICKBOXING Donna	LES MILLS BODYPUMP® Trish		
	Mind/Body Studio C	RESERVED Youth Dance \$\$	WARM POWER YOGA Alex	POWER YOGA Kassandra		LES MILLS BODYFLOW® Brenda		
6:00 PM	Zimand Family Cycle Studio	CARDIO CYCLE Christine			LES MILLS RPM™ Brandon			
	Lobby	RUN CLUB Kerri						
6:30 PM	Strength Studio B	LES MILLS BODYPUMP® Trish	KICKBOXING Julie	LES MILLS BODYPUMP® Trish	RESERVED TAE KWON DO \$\$ 150 mins			
	Studio A	LATIN CARDIO Cuic	LATIN CARDIO Cuic	POP CARDIO Cuic	ZUMBA Michele	LATIN CARDIO Cuic		
	Mind/Body Studio C	RESERVED Youth Dance \$\$	LES MILLS BODYFLOW® Jennifer	BORN TO MOVE Age 8-12	Youth Fitness Ages 5-12 Julie			
	Kinesis Wall	Kinesis Basic (Max 8)		Kinesis Basic (Max 8)				
7:00 PM	Zimand Family Cycle Studio		CARDIO CYCLE Christine					
	Omnia Room	Omnia Basic (Max 12)						
7:30 PM	Mind/Body Studio C	YOGA Annie	YOGA Jennifer	PILATES Heather	LES MILLS BODYFLOW® Nikki			
	Omnia Room		Omnia Basic (Max 12)		Omnia Basic (Max 12)			
	Studio A	ZUMBA Kathy	RESERVED TAE KWON DO \$\$ 90 mins					