



Fitness Schedule

Adult & AOA Fitness Schedule Winter Session Jan. 2nd-Feb. 26th 2012

Time	Mon	Tues	Wed	Thurs	Fri
6:00 AM	Group Cycling (GP)	Group Cycling (GP)	Hustle & Muscle (GP)	Group Cycling	
7AM		Yoga (GP)		Yoga (GP)	
7:30 AM	Basic Pilates **(GP)		7:15AM Basic Pilates ** (GP)		
8:10 AM	Pool Fitness** (Cole Pool)	Pool Fitness** (Cole Pool)	Pool Fitness ** (Cole Pool)	Pool Fitness** (Cole Pool)	
8:30 AM	Going Strong I (Gym)	Gentle Yoga (GP)	Going Strong I (Gym)	Gentle Yoga (GP)	Going Strong I (Gym) Pool Fitness
9:00 AM	Pool Fitness** (Cole Pool)	Pool Fitness** (Cole Pool)	Pool Fitness** (Cole Pool)	Pool Fitness** (Cole Pool)	
9:15 AM	Group Cycling (GP)		Group Cycling (GP)		Group Cycling
9:30 AM	Hi/lo Combo (Gym)	Cardio Shape-Up	Hi/lo Combo (Gym)	Cardio Shape-Up	Tai Chi (Gym)
9:45AM		Chair Yoga**(GP)		Chair Yoga**(GP)	10:15AM POOLATES
10:30 AM	Going Strong II **(Gym)		Going Strong II **(Gym)		Going Strong II **(Gym)
	Stretch & Reach *** (GP)		Stretch & Reach *** (GP)		PiYo **(GP)
10:45AM		**Yoga Ball (GP)		**Yoga Ball (GP)	
11:00 AM	AOA Pool Fitness		AOA Pool Fitness		
11:15AM	Tai Chi **(GP)		Tai Chi **(GP)		
11:30 AM		Balancing Act** (GP)		Balancing Act** (GP)	
12:00PM	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim	Therapy Swim
1:00 PM		AOA Pool Fitness (Small Pool)		AOA Pool Fitness (Small Pool)	
4:30PM		Tai Chi (DC)**		Tai Chi (DC)**	
5:30 PM	Group Cycling (GP)	Body Shaping (GP)	Group Cycling (GP)	Body Shaping (GP)	Group Cycling (GP)
	Boot Camp (Gym)		Boot Camp (Gym)		
6PM		Pool Fitness		Pool Fitness	
6:30 PM	Zumba (Gym)	Turbo Kick	Zumba (Gym)	Turbo Kick	
	Yoga (GP)	BOSU** (squash)	Yoga (DC)		
7:30 PM	7:00 PM Aqua Zumba	PiYO **(GP) Cardio kick (Mini)	7:00 PM Aqua Zumba	Cardio Kick (mini) PiYo **(GP)	

7AM Saturday Jan. 21st – March 24th	5K Training meet (GP)
8AM Saturday	Instructors Choice
7AM Sunday Jan 8th-Feb.26th	10K Training (GP)
1PM Sunday	Yoga (DC)
Choose to Lose Jan.23rd – March 30th	Contact Cindy Agan

All classes are one hour unless otherwise marked (**45 min/**30 min)
Breakdance 4th Friday of each month 6:30PM (GP Room) beginning Jan. 27th

DIRECTIONS

GENERAL PURPOSE ROOM (a.k.a. GP Room) The door to the GP Room is located directly off of the seating area in our front lobby.

GYMNASIUM From the lobby, walk past the reception desk and turn left. Walk past the snack machines and through the double glass doors. At the end of the hallway, turn right, and then make an immediate left. Walk through the wooden double doors and go straight, into the gymnasium.

DANCE CENTER From the lobby, follow the directions for the gymnasium. The stairwell down to the dance center is off of the gym. When you get to the entrance of the gym, turn and look to the corner on your right. There are two wooden doors directly in the corner. Go to the doorway on the left and go down the stairs. At the bottom of the stairs turn to your right and go down the short set of stairs immediately to your right. The entrance to the dance center is at the bottom of the stairs on your left.

FREE WEIGHT ROOMS From the lobby pass the reception desk and take a right (the cardio room will be on your left). Go through the red and white metal door; turn left and go down the stairs. Pass the door to the Cole Pool and continue down the stairs. Both free weight rooms are off of the hallway at the bottom of the stairs.

NAUTILUS From the lobby, follow the directions for the free weight rooms. At the bottom of the stairwell, take a right into the hallway. Pass the free weight rooms and go up the small set of stairs. Pass the water bubbler on your right. Turn the corner to the left and follow the hallway up another short set of stairs. This will bring you to the foyer of Nautilus. The glass door in the corner on your left is the entrance to the Nautilus Facility.

FRONT PARLOR From the lobby, exit the YMCA building into the courtyard. Take the stairs on your right, up into “the mansion” portion of the building. When you enter the mansion, the entrance to the front parlor will be the first door on your left.

THE POOLS From the lobby, walk past the reception desk and turn right (the cardio room will be on your left). Walk through the red and white metal door and turn left. Go down the stairs. The door to the Cole Pool will be at the bottom of the stairs. Once inside the room, you can access the small pool through the double glass doors that connect the two pools. From the Men & Women’s A/C locker rooms and Men’s deluxe locker room, there are exits that lead to the small pool off of the shower area.