



# Boyertown Area YMCA

## Daniel B. Boyer Center

301 West Spring Street, Boyertown 610-369-YMCA

### GROUP EXERCISE SCHEDULE

Spring 1: February 28 - April 24

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Cycling</b> 5:45-6:30 am Greg	<b>Cycling</b> 5:45-6:30 am Patrick	<b>Barbell</b> 5:45-6:45 am Monica	<b>Treadmill Training (d)</b> FC 5:45-6:35 am Tina	<b>Creative Pilates</b> AF 5:45-6:45 am Mike	<b>Distance Running (d)</b> O 7:30-8:30 am Tina
<b>Pilates for Golfers</b> AF 8-8:45 am Mike	<b>Golden Stars Fitness</b> G 8:15-9 am Kathy	<b>Dance Energy</b> G 9:05-10 am Jody	<b>Cycling</b> 5:45-6:30 am Greg	<b>Dance Energy</b> G 9:05-10 am Jody	<b>Barbell (d)</b> 8:30-9:30 am
<b>Dance Energy</b> G 9:05-10 am Jody	<b>Cardio Blast</b> 8:30-9 am Kim	<b>Cardio Camp</b> 9:15-10:15 am Kim	<b>Pilates for Golfers</b> AF 8-8:45 am Mike	<b>Turbo Kick</b> 9:15-10:15 Melissa/Christy	<b>Yoga</b> AF 9:30-10:30 am
<b>Cardio Camp</b> 9:15-10:15 am Heidi	<b>Barbell</b> 9:15-10:15 am Kim	<b>Creative Pilates</b> AF 10:10-11 am Mike	<b>Cardio Blast</b> 8:30-9 am Heidi	<b>Creative Pilates</b> AF 10:10-11 am Mike	<b>Cycling</b> 9:30-10:30 am
<b>Yoga 1</b> AF 9:30-10:30 am Ceil	<b>Yoga 2</b> AF 9:30-10:30 am Heather	<b>Fitness Focus</b> 10:15-11:15 am Jody	<b>Barbell</b> 9:15-10:15 am Heidi	<b>Fitness Focus</b> 10:15-11:15 am Jody	<b>Sunday</b>
<b>Fitness Focus</b> 10:15-11:15 am Jody	<b>Traditional Pilates</b> AF 10:30-11:30 am Mike	<b>Gentle Yoga In Chairs</b> 11:10 am-12:10 pm Lili	<b>Gentle Yoga</b> AF 9:30-10 am Lili	<b>Cycling</b> 5:30-6:30 pm Patrick	
<b>Barbell</b> 12:10-1:10 pm Monica	<b>Cycling</b> 12:10-1 pm Holly	<b>Barbell</b> 12:10-1:10 pm Bridget	<b>Yoga 1</b> AF 10:05-11 am Lili	<p><i>Classes are subject to change.</i></p> <p>Check our website for the latest schedule</p> <p><a href="http://www.boyertownymca.org">www.boyertownymca.org</a></p>	<b>Du Tri Run Swim Training (d)</b> <b>Advanced:</b> P 12:15-1:15 pm <b>Beginner:</b> P 1:15-1:45 pm Tina
<b>Plyo Play</b> 4:25-5:25 pm Tina	<b>Y Lite</b> 4:30-5:25 pm Jody	<b>Cycling Express</b> 5:30-6 pm Carol	<b>Y Lite</b> 4:30-5:30 pm Jody		<b>Yoga</b> AF 1:30-3 pm
<b>Cycling Express</b> 5:30-6 pm Terry/Val	<b>Cycling Express</b> 5:30-6 pm Annette	<b>BLT+</b> 6:05-6:35 pm Carol	<b>Cycling Express</b> 5:30-6 pm Val		
<b>BLT+</b> 6:05-6:35 pm Terry/Val	<b>Abs &amp; Arms</b> 6:05-6:35 pm Annette	<b>Barbell (d)</b> 6:40-7:40 pm Amy	<b>Traditional Pilates</b> AF 5:30-6:30 pm Ceil		
<b>Turbo Kick</b> 6:40-7:40 pm Christy	<b>Tween Strive Circuit</b> Y 6-6:30 pm James	<b>Tai Chi Intermediate</b> 7:45-8:35 pm Charles	<b>Tween Strive Circuit</b> Y 6-6:30 pm James		
<b>Yoga for Athletes</b> AF 6:35-7:40 pm Ceil	<b>Express Step</b> 6:40-7:10 pm Elaine		<b>Abs &amp; Arms</b> 6:05-6:35 pm Val		
<b>Tai Chi Beginner</b> 7:45-8:35 pm Charles	<b>Yoga 1</b> AF 7-8 pm Heather		<b>Creative Step</b> 6:40-7:25 pm Elaine		
	<b>Cardio Blast</b> 7:15-7:45 pm Elaine/Val		<b>Yoga for Athletes</b> AF 6:35-7:40 pm Ceil/Holly		

**CLASSES HELD:**

Blank = Multi-Purpose Room  
O = Outside  
AF = Alternative Fitness Room

(d) = Classes recommended for (but not limited to) Du Tri Run members  
Y = Youth Wellness Center  
FC = Fitness Center  
G = Gymnasium  
BASH = Boyertown Area High School Outdoor Track  
P = Pool