










RAGSDALE YMCA

February 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Don't miss our Master Class on February 11th. We will celebrate Valentines Day and get a great workout! Tank tops to those who register by 2/2. Come Join our newest Zumba instructor Collin for some fun on February 12 & 26.</p>			<p>1 8:15 am Yoga: Caren 9:15 am Strength: Christy 10:15 am GF-Step: Christy 4:30 pm Basic Step: Christy 5:30 pm Core: Christy 6:15pm Turbo NEW ROUND: Jen 6:30 pm Cycle: Corey 7 pm Yoga: Kevin</p>	<p>2 5:15 am Yoga: Kevin 8:30 am Horizontal Training 101: Caren 9:15 am: MMA: Christy 10:15 am Cycle: Trish 10:15 am Gentle Flow Yoga: Kevin 10:30am ROM SS: Christy 4:30 pm Kid's Sports Conditioning: Christy 5:30 pm Track Attack: Christy 5:45 pm Yoga: Donna 6 pm Cycle: Dave 6:45 pm Latin Craze: Kim</p>	<p>3 6 am Cycle: Corey 8:15 am Yoga: Kevin 9:15 am Cardio Dance: Keydish 9:30 am Track Attack: Christy 10:15am GF-Intervals: Trish 10:30 am SS ROM: Christy 11:30 am SS Cardio Strength: Rhonda</p>	<p>4 8 am Yoga: Maggie 9:15 am Track Attack: Christy 10:20 am Cycle: Dave</p>
<p>5 1:15 pm Cycle: 3 pm Yoga: Maggie</p>	<p>6 5:15 am Cycle: Deb 8:15 am Yoga: Donna 9:15 am Step: Christy 10:15 am GF-Cardio: Christy 4:30 pm Yoga: Kevin 5:30 pm Strength: Jessi 6pm Cycle: Trisha 6:30 pm Cardio Dance: Keydish</p>	<p>7 5:15am Core Performance: Deb 6 am Cycle: D 8:15 am Yoga/Pilates: Donna 9:15 am SS Yoga/stretch: Terri 9:15 am Tabata: Caren 10:15 am ST & ST: Caren 10:15 am Cycle: Lori 10:30 am SS- ROM: Christy 5:00pm Power Stretch: Christy 5:45 Tabata- CJ 6 pm Cycle: Dave 6:30 pm Drums Alive: CJ 7:15 pm Zumba: Uretha</p> 	<p>8 8:15 am Yoga: Caren 9:15 am Strength: Keydish 10:15 am GF-Step: Christy 4:30 pm Step: Christy 5:30 pm Kettlebell Christy 6:15pm Turbo: Jen 6:30 pm Cycle: Corey 7 pm Yoga: Sarah</p>	<p>9 5:15 am Yoga: Kevin 8:30 am Strength: Caren 9:15 am: Turbo: Christy 10:15 am Cycle: Trish 10:15 am Gentle Flow Yoga: Terri 10:30am ROM SS: Christy 4:30 pm Kid's Sports Conditioning: Christy 5:30 pm Track Attack: Christy 5:45 pm Yoga: Donna 6 pm Cycle: Dave 6:45 pm Latin Craze: Kim</p>	<p>10 6 am Cycle: Corey 8:15 am Yoga: Sarah 9:15 am Sweat: Christy 10:15am GF-Intervals: Trish 10:30 am SS ROM: Christy 11:30 am SS Cardio Strength: Rhonda(meet in group x room)</p>	<p>11 8 am Yoga: Maggie Master Class 9:30am –11 am "Good for your HEART workout" Latin craze-Kim Cardio dance-Keydish Turbo Kick-Jen Register at front desk! 10:20 am Cycle: Dave</p> 
<p>12 1:15 pm Cycle: 2pm: Zumba: Collin-come meet our newest instructor!!! 3 pm Yoga: Maggie</p> 	<p>13 5:15 am Cycle: Deb 8:15 am Yoga: Donna 9:15 am Step: Christy 10:15 am GF-Cardio: Christy 4:30 pm Yoga: Erika 5:30 pm Strength: Marlee 6pm Cycle: Deb 6:30 pm Step- Kim</p>	<p>14 5:15am Core Performance: Deb 6 am Cycle: D 8:15 am Yoga/Pilates: Donna 9:15 am SS Yoga/stretch: Terri 9:15 am Tabata: Caren 10:15 am ST & ST: Caren 10:15 am Cycle: Lori 10:30 am SS- ROM: Christy 5:00pm Power Stretch: Christy 5:45 Tabata- CJ 6 pm Cycle: Dave 6:30 pm Cardio Dance- Keydish 7:15 pm Zumba: Uretha</p> 	<p>15 8:15 am Yoga: Caren 9:15 am Strength: Christy 10:15 am GF-Step: Christy 4:30 pm Athletic Step: chrsty 5:30 pm Core: Christy 6:15pm Turbo: Jen 6:30 pm Cycle: Corey 7 pm Yoga: Sarah</p>	<p>16 5:15 am Yoga: Kevin 8:30 am Horizontal Training 101: Caren 9:15 am: Kickbox: Christy 10:15 am Cycle: Trish 10:15 am Gentle Flow Yoga: Terri 10:30am ROM SS: Christy 4:30 pm Kid's Sports Conditioning: Christy 5:30 pm Track Attack: Christy 5:45 pm Yoga: Donna 6 pm Cycle: Dave 6:45 pm Latin Craze: Kim</p>	<p>17 6 am Cycle: Corey 8:15 am Yoga: Kevin 9:15 am Cardio Dance; Keydish 10:15am GF-Intervals: Trish 10:30 am SS ROM: Christy 11:30 am SS Cardio Strength: Rhonda</p>	<p>18 8 am Yoga: Maggie 9:15 am Power Step: Trish 10:20 am Cycle: Dave</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>19</p> <p>1:15 pm Cycle: Dave</p> <p>3 pm Yoga: Maggie 1 ½ HOUR CLASS</p>	<p>20</p> <p>5:15 am Cycle: Deb 8:15 am Yoga: Donna 9:15 am Step: Christy 10:15 am GF-Cardio: Christy 4:30 pm Yoga: 5:30 pm Strength: Jessi 6pm Cycle: Lori 6:30 pm Cardio Dance: Keydish</p>	<p>21</p> <p>5:15am Core Performance: Deb 6 am Cycle: D 8:15 am Yoga/Pilates: Donna 9:15 am SS Yoga/stretch: Terri 9:15 am Tabata: Caren 10:15 am ST & ST: Caren 10:15 am Cycle: Lori 10:30 am SS- ROM: Christy 5:00pm: Power Stretch: Christy 5:45 Tabata- CJ 6 pm Cycle: Dave 6:30 pm Drums Alive: CJ 7:15 pm Zumba: Uretha</p> 	<p>22</p> <p>8:15 am Yoga: Caren 9:15 am Strength: Keydish 10:15 am GF-Step: Christy 4:30 pm Step: Christy 5:30 pm Kettlebells: Christy 6:15pm Turbo: Jen 6:30 pm Cycle: Corey 7 pm Yoga: Sarah</p>	<p>23</p> <p>5:15 am Yoga: Kevin 8:30 am Strength: Caren 9:15 am: Turbo: Christy 10:15 am Cycle: Trish 10:15 am Gentle Flow Yoga: Kim 10:30am ROM SS: Christy 4:30 pm Kid's Sports Conditioning: Christy 5:30 pm Track Attack: Christy 5:45 pm Yoga: Donna 6 pm Cycle: Dave 6:45 pm Latin Craze: Kim:</p>	<p>24</p> <p>6 am Cycle: Corey 8:15 am Yoga: Kevin 9:15 am Sweat: Christy 10:15am GF-Intervals: Trish 10:30 am SS ROM: 11:30 am SS Cardio Strength: Rhonda</p>	<p>25</p> <p>8 am Yoga: Maggie 9:15 am Cardio Dance: Keydish 10:20 am Cycle: Dave</p>
<p>26</p> <p>1:15 pm Cycle: Dave</p>  <p>2pm: Zumba: Collin</p> <p>3 pm Yoga: Maggie 1 ½ HOUR CLASS</p>	<p>27</p> <p>5:15 am Cycle: Deb 8:15 am Yoga: Donna 9:15 am Step: Christy 10:15 am GF-Cardio: Christy 4:30 pm Yoga: Sabrina 5:30 pm Strength: Sabrina 6pm Cycle: Kelly 6:30 pm Sweat: Kim</p> <p>Happy Birthday Christy!!!!</p>	<p>28</p> <p>5:15am Core Performance: Deb 6 am Cycle: D 8:15 am Yoga/Pilates: Donna 9:15 am SS Yoga/stretch: Terri 9:15 am Tabata: Caren 10:15 am ST & ST: Caren 10:15 am Cycle: Lori 10:30 am SS- ROM: Christy 5:00pm-Power Stretch Christy 5:45 Tabata- CJ 6 pm Cycle: Dave 6:30 pm Cardio Dance- Keydish 7:15 pm Zumba: Uretha</p> 	<p>29</p> <p>8:15 am Yoga: Caren 9:15 am Strength: Christy 10:15 am GF-Step: Christy 4:30 pm Athletic Step: Christy 5:30 pm Core: Christy 6:15pm Turbo: Jen 6:30 pm Cycle: Corey 7 pm Yoga: Kim</p>	<p>New Programs!</p> <p>Strength Training 101: Come out and learn your way around the weight room with strength workout. Sessions are with a personal trainer in a group setting. This class starts on February 27th. For more information, please see flyer upfront or stop by the front desk.</p> <p>Lose the Excuses, Lose your Mind, Lose the Weight: A challenging working designed for the advanced participant. Class begins on February 27th.</p>		

group
exercise