















# RAGSDALE YMCA March 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 March 17<sup>th</sup> we will celebrate St. Patrick's Day and get a great workout! Registration is required (by the 8<sup>th</sup> to get a shirt)</p> <p><b>Join us:</b> <b>GTCC &amp; YMCA</b> <b>Building Wellness in Our Community</b> <b>March 24 9 am - 1 pm</b></p> 			<p>New on the Thursday morning and Tuesday evening schedule: Try our Bricks: ½ hour classes back to back so you can stack your workout as you choose.</p>	<p><b>1</b> 5:15 am <b>Yoga:</b> Kevin 8:30 am <b>Sweat:</b> Caren 9:00 am <b>Horizontal Training 101:</b> Caren 9:30 am: <b>Kickbox</b> Christy 10:15 am <b>Cycle/core:</b> Trish 10:15 am <b>Gentle Flow Yoga:</b> Kim 10:30am <b>ROM SS:</b> Christy 4:30 pm <b>Kid's Sports Conditioning:</b> Christy 5:30 pm <b>Track Attack:</b> Christy 5:45 pm <b>Yoga:</b> Donna 6 pm <b>Cycle:</b> Dave 6:45 pm <b>Latin Craze:</b> Kim</p>	<p><b>2</b> 6 am <b>Cycle:</b> Corey 8:15 am <b>Yoga:</b> Kevin 9:15 am <b>Cardio Dance:</b> Keydish 10:15am <b>GF-Intervals:</b> Trish 10:30 am <b>SS ROM:</b> Christy 11:30 am <b>SS Cardio Strength:</b> Rhonda</p>	<p><b>3</b> 8 am <b>Yoga:</b> Maggie 9:15 am <b>Tabata/Horizontal Training 101:</b> Trish 10:20 am <b>Cycle:</b> Dave</p>
<p><b>4</b> 1:15 pm <b>Cycle:</b> Dave 2pm <b>Zumba</b> Collin 3 pm <b>Yoga:</b> Maggie 1 ½ hour class</p> 	<p><b>5</b> 5:15 am <b>Cycle:</b> Deb 8:15 am <b>Yoga:</b> Donna 9:15 am <b>Zumba:</b> Collin 10:15 am <b>GF-Cardio:</b> Christy 10:30am <b>SS Cardio Circuit -</b> Rhonda 4:30 pm <b>Yoga:</b> Erika 5:30 pm <b>Strength:</b> Jessi 6pm <b>Cycle:</b> Lori 6:30 pm <b>Cardio Dance:</b> Keydish</p>	<p><b>6</b> 5:15am <b>Core Performance:</b> Deb 6 am <b>Cycle:</b> D 8:15 am <b>Yoga/Pilates:</b> Donna 9:15 am <b>SS Yoga/stretch:</b> Terri 9:15 am <b>Tabata:</b> Caren 10:15 am <b>ST &amp; ST:</b> Caren 10:15 am <b>Cycle:</b> Lori 10:30 am <b>SS- ROM:</b> Christy 4:45pm <b>Kickbox:</b> Christy 5:15pm <b>Power Stretch:</b> Christy 5:45 <b>Tabata-</b> CJ 6 pm <b>Cycle:</b> Dave 6:30 pm <b>Sweat:</b> Kim 7:15 pm <b>Zumba:</b> Uretha</p> 	<p><b>7</b> 8:15 am <b>Yoga:</b> Caren 9:15 am <b>Strength</b> Keydish 10:15 am <b>GF-Step:</b> Christy 4:30 pm <b>Beginner Step:</b> Christy 5:30 pm <b>Kettlebell</b> Christy 6pm <b>Turbo:</b> Jen 6:30 pm <b>Cycle:</b> Corey 7 pm <b>Yoga:</b> Sarah</p>	<p><b>8</b> 5:15 am <b>Yoga:</b> Kevin 8:30 am: <b>Horizontal Training 101</b> Caren 9:00 am <b>Sweat:</b> Christy 9:30 am <b>Power Stretch:</b> Christy 10:15 am <b>Cycle/Core:</b> Trish 10:15 am <b>Gentle Flow Yoga:</b> Kim 10:30am <b>ROM SS:</b> Christy 4:30 pm <b>Kid's Sports Conditioning:</b> Christy 5:30 pm <b>Track Attack:</b> Christy 5:45 pm <b>Yoga/Pilates:</b> Donna 6 pm <b>Cycle:</b> Dave 6:45 pm <b>Latin Craze:</b> Kim</p>	<p><b>9</b> 6 am <b>Cycle:</b> Corey 8:15 am <b>Yoga:</b> Kevin 9:15 am <b>Step:</b> Christy 10:15am <b>GF-Intervals:</b> Trish 10:30 am <b>SS ROM:</b> Christy 11:30 am <b>SS Cardio Strength:</b> Rhonda (meet in group x room)</p>	<p><b>10</b> NO GROUP EX CLASSES: Come out for the <b>Gymnastics tournament</b></p>
<p><b>11</b> 1:15 pm <b>Cycle:</b> Dave  3 pm <b>Yoga:</b> Maggie</p>	<p><b>12</b> 5:15 am <b>Cycle:</b> Deb 8:15 am <b>Yoga:</b> Donna 9:15 am <b>Step:</b> Christy 10:15 am <b>GF-Cardio:</b> Christy 4:30 pm <b>Yoga:</b> Sarah 5:30 pm <b>Strength:</b> Jen 6pm <b>Cycle:</b> Deb 6:30 pm <b>Step-</b> Kim</p>	<p><b>13</b> 5:15am <b>Core Performance:</b> Deb 6 am <b>Cycle:</b> D 8:15 am <b>Yoga/Pilates on the ball:</b> Donna 9:15 am <b>SS Yoga/stretch:</b> Terri 9:15 am <b>Tabata:</b> Caren 10:15 am <b>ST &amp; ST:</b> Caren 10:15 am <b>Cycle:</b> Lori 10:30 am <b>SS- ROM:</b> Christy 4:45pm <b>Kickbox:</b> Christy 5:15pm: <b>Power Stretch</b> Christy 5:45 <b>Tabata-</b> CJ 6 pm <b>Cycle:</b> Dave 6:30pm <b>Drums Alive:</b> CJ 7:15 pm <b>Zumba:</b> Uretha</p>  	<p><b>14</b> 8:15 am <b>Yoga:</b> Caren 9:15 am <b>Strength:</b> Christy 10:15 am <b>GF-Step:</b> Christy 4:30 pm <b>Athletic Step:</b> chrsty 5:30 pm <b>Core:</b> Christy 6pm <b>Turbo:</b> Jen 6:30 pm <b>Cycle:</b> Corey 7 pm <b>Yoga:</b> Sarah</p>	<p><b>15</b> 5:15 am <b>Yoga:</b> Kevin 8:30 am <b>Sweat:</b> Caren 9:00am: <b>Horizontal Training 101:</b> Caren 9:30 am: <b>Kickbox:</b> Christy 10:15 am <b>Cycle/core:</b> Trish 10:15 am <b>Gentle Flow Yoga:</b> Kim 10:30am <b>ROM SS:</b> Christy 4:30 pm <b>Kid's Sports Conditioning:</b> Christy 5:30 pm <b>Track Attack:</b> Christy 5:45 pm <b>Yoga:</b> Donna 6 pm <b>Cycle:</b> Dave 6:45 pm <b>Latin Craze:</b> Kim</p>	<p><b>16</b> 6 am <b>Cycle:</b> Corey 8:15 am <b>Yoga:</b> Kevin 9:15 am <b>Sweat;</b> Christy 10:15am <b>GF-Drums Alive:</b> Christy 10:30 am <b>SS ROM:</b> Christy 11:30 am <b>SS Cardio Strength:</b> Rhonda</p> 	<p><b>17</b> 8 am <b>Yoga:</b> Maggie 9:30-11 am <b>St. Patrick's Day Masters Class</b> Register at front  10:20 am <b>Cycle:</b> Dave</p>

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>18</b></p> <p>1:15 pm <b>Cycle:</b> Dave                      2pm <b>Zumba -</b>                      Collin                      3 pm <b>Yoga:</b>                      Maggie</p> 	<p><b>19</b></p> <p>5:15 am <b>Cycle:</b> Deb                      8:15 am <b>Yoga:</b> Donna                      9:15 am <b>Step:</b> Christy                      10:15 am <b>GF-Cardio:</b>                      Christy                      10:30am <b>SS Cardio Circuit</b>                      -Rhonda                      4:30 pm <b>Yoga:</b> Sarah                      5:30 pm <b>Strength:</b> Jessi                      6pm <b>Cycle:</b> Trish                      6:30 pm <b>Cardio Dance:</b>                      Keydish</p>	<p><b>20</b></p> <p>5:15am <b>Core Performance:</b> Deb                      6 am <b>Cycle:</b> D                      8:15 am <b>Yoga/Pilates:</b> Donna                      9:15 am <b>SS Yoga/stretch:</b> Terri                      9:15 am <b>Tabata:</b> Trish                      10:15 am <b>ST &amp; ST:</b> Trish                      10:15 am <b>Cycle:</b> Lori                      10:30 am <b>SS- ROM:</b> Christy                      4:45pm: <b>Kickbox:</b> Christy                      5:15pm <b>Power stretch:</b> Christy                      5:45 <b>Tabata-</b> CJ                      6 pm <b>Cycle:</b> Dave                      7:15 pm <b>Zumba:</b>                      Uretha</p> 	<p><b>21</b></p> <p>8:15 am <b>Yoga:</b> Caren                      9:15 am <b>Strength:</b> Keydish                      10:15 am <b>GF-Step:</b> Christy                      4:30 pm <b>Double Step:</b> Christy                      5:30 pm <b>Kettlebells:</b> Christy                      6pm <b>Turbo:</b> Jen                      6:30 pm <b>Cycle:</b> Corey                      7 pm <b>Yoga:</b> Sarah</p>	<p><b>22</b></p> <p>5:15 am <b>Yoga:</b> Kevin                      8:30 am <b>Horizontal Training 101:</b> Caren                      9:00 am: <b>Kickbox:</b> Christy                      9:30am <b>Power Stetch:</b>                      Chrity                      10:15 am <b>Cycle/core:</b> Trish                      10:15 am <b>Gentle Flow</b>  <b>Yoga:</b> Kim                      10:30am <b>ROM SS:</b> Christy                      4:30 pm <b>Kid's Sports</b>  <b>Conditioning:</b> Christy                      5:30 pm <b>Track Attack:</b>                      Christy                      5:45 pm <b>Yoga/Pilates on</b>  <b>the ball:</b> Donna                      6 pm <b>Cycle:</b> Dave                      6:45 pm <b>Latin Craze:</b> Kim:</p>	<p><b>23</b></p> <p>6 am <b>Cycle:</b> Corey                      8:15 am <b>Yoga:</b> Kevin                      9:15 am <b>Cardio Dance:</b>                      Keydish                      10:15am <b>GF-Intervals:</b>                      Trish                      10:30 am <b>SS ROM:</b> Christy                      11:30 am <b>SS Cardio</b>  <b>Strength:</b> Rhonda</p>	<p><b>24</b></p> <p>8 am <b>Yoga:</b> Sarah                      9:15 am <b>Step:</b> Christy                      10:20 am <b>Cycle:</b> Dave</p> <p>Come join us for the GTCC &amp; YMCA Building Wellness in our Community Health fair.                      9 am – 1pm</p> 
<p><b>25</b></p> <p>1:15 pm <b>Cycle:</b> Dave</p> <p>3 pm <b>Yoga :</b> Kevin                      1 ½ HOUR CLASS</p>	<p><b>26</b></p> <p>5:15 am <b>Cycle:</b> Deb                      8:15 am <b>Yoga:</b> Donna                      9:15 am <b>Step:</b> Christy                      10:15 am <b>GF-Cardio:</b>                      Christy                      10:30am <b>SS Cardio Circuit</b>                      -Rhonda                      4:30pm PiYo : Jen                      5:30 pm <b>Strength:</b> Jen                      6pm <b>Cycle:</b> Deb                      6:30 pm <b>Sweat:</b> Kim</p>	<p><b>27</b></p> <p>5:15am <b>Core Performance:</b> Deb                      6 am <b>Cycle:</b> D                      8:15 am <b>Yoga/Pilates on the ball:</b>                      Donna                      9:15 am <b>SS Yoga/stretch:</b> Terri                      9:15 am <b>Tabata:</b> Caren                      10:15 am <b>ST &amp; ST:</b> Caren                      10:15 am <b>Cycle:</b> Lori                      10:30 am <b>SS- ROM:</b> Christy                      4:45pm <b>Kickbox:</b> Christy                      5:15pm-<b>Power Stretch</b> Christy                      5:45 <b>Tabata-</b> CJ                      6 pm <b>Cycle:</b> Dave                      6:30 pm <b>Drums Alive</b>                      - CJ                      7:15 pm <b>Zumba:</b>                      Uretha</p>  	<p><b>28</b></p> <p>8:15 am <b>Yoga:</b> Caren                      9:15 am <b>Strength:</b> Christy                      10:15 am <b>GF-Step:</b> Christy                      4:30 pm <b>Athletic Step:</b>                      Christy                      5:30 pm <b>Core:</b> Christy                      6pm <b>Turbo:</b> Jen                      6:30 pm <b>Cycle:</b> Corey                      7 pm <b>Yoga:</b> Sarah</p>	<p><b>29</b></p> <p>5:15 am <b>Yoga:</b> Kevin                      8:30 am <b>Sweat :</b> Caren                      9:00am Horizontal                      Training 101: Caren                      9:30am Kickbox: Christy                      10:15 am <b>Cycle/core:</b> Trish                      10:15 am <b>Gentle Flow</b>  <b>Yoga:</b>                      10:30am <b>ROM SS:</b> Christy                      4:30 pm <b>Kid's Sports</b>  <b>Conditioning:</b> Christy                      5:30 pm <b>Track Attack:</b>                      Christy                      5:45 pm <b>Yoga:</b> Maggie                      6 pm <b>Cycle:</b> Dave                      6:45 pm <b>Latin Craze:</b> Kim:</p>	<p><b>30</b></p> <p>6 am <b>Cycle:</b> Corey                      8:15 am <b>Yoga:</b> Kevin                      9:15 am <b>Sweat:</b> Christy                      10:15am <b>GF-Intervals:</b>                      Trish                      10:30 am <b>SS ROM:</b> Christy                      11:30 am <b>SS Cardio</b>  <b>Strength:</b> Rhonda</p>	<p><b>31</b></p> <p>8 am <b>Yoga:</b> Maggie                      9:15 am <b>Turbo:</b> Jen                      10:20 am <b>Cycle:</b> Dave</p> 