



February 2012

Group Exercise Class Schedule

Reidsville Family YMCA

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Tae Kwon Do is MTH at 6:30-8.</p>	<p><i>See "key" for description of classes. ALL classes and instructors subject to change without notice.</i></p>		<p>1</p> <p>5 C Cheri 9 BT Anne 10 Z Meredith 11 KB Meredith</p> <p>5:30 KC Rachel 6 ABS Rachel 6:30 KB Meredith</p>	<p>2</p> <p>5 P+ Crystal 7 FB Matt 9 SS Emma 10 Z Meredith 11 KB Meredith</p> <p>4:30 POW Anne</p>	<p>3</p> <p>5 HC Jana 5:30 BT EXP Tommy 8:10 POW-C Anne</p>	<p>4</p> <p>9 POW Jana</p>
<p>5</p> <p>3 C Crystal</p>	<p>6</p> <p>5 KB Tommy 5:30 Yoga Cheri</p> <p>4:30 Terri 5 5:30 EXP Rachel 6:05 Abs Rachel</p>	<p>7</p> <p>5 FB Matt 8 KB Meredith 9 SS Anne</p> <p>4:30 POW Terri</p>	<p>8</p> <p>5 C Crystal 8 POW-C Anne 9 C Terri 10 Z Meredith 11 KB Meredith</p> <p>5:30 7 EXP Rachel 6 KC Rachel 6:30 KB Meredith</p>	<p>9</p> <p>5 P+ Crystal 7 FB Matt 9 SS Anne 10 Z Meredith 11 KB Meredith</p> <p>4:30 POW Terri 5:30 Bosu Emma</p>	<p>10</p> <p>5 HC Jana 5:30 BT EXP Tommy 8:10 C Anne</p>	<p>11</p> <p>7:10 EXP Rachel 9 Denise 7</p>
<p>12</p> <p>3 POW Jana</p>	<p>13</p> <p>5 KB Tommy 5:30 Yoga Cheri 9 SS Meredith 10 KB Meredith</p> <p>5:30 POW Rachel</p>	<p>14</p> <p>5 FB Matt 8 KB Meredith 9 SS Meredith 10 Z Meredith</p> <p>4:30 HC Jana 5:30 KC Rachel</p>	<p>15</p> <p>5 C Tommy 10 Z Meredith 11 KB Meredith</p> <p>4:30 EXP Terri 5:05 ABS Terri 5:30 Z Dee 6:30 KB Meredith</p>	<p>16</p> <p>5 P+ Crystal 9 SS Portia 10 Z Meredith 11 KB Meredith</p> <p>4:30 POW Terri 5:30 Z Emily</p>	<p>17</p> <p>5 HC Jana 5:30 BT EXP Tommy</p>	<p>18</p> <p>9 POW Jana</p>
<p>19</p> <p>3 HC Crystal</p>	<p>20</p> <p>5 BT EXP Cheri 5:30 Yoga Cheri 9 SS Meredith 10 KB Meredith</p> <p>4:30 Terri 5 5:30 7 EXP Rachel</p>	<p>21</p> <p>5 FB Matt 8 KB Meredith 9 SS Anne 10 Z Meredith</p> <p>4:30 POW Terri 5:30 Z Emily 6:30 HC Crystal</p>	<p>22</p> <p>5 C Cheri 8:10 EXP Anne 9 ABS Anne 10 Z Meredith 11 KB Meredith</p> <p>4:30 HC Jana 5:30 Z Dee 6:30 KB Meredith</p>	<p>23</p> <p>5 P+ Crystal 7 FB Matt 9 SS Portia 10 Z Meredith 11 KB Meredith</p> <p>4:30 POW Terri 5:30 BT Anne</p>	<p>24</p> <p>5 HC Jana 5:30 BT EXP Tommy 8:10 BT Anne</p>	<p>25</p> <p>Aerobathon 9-11 Matt FB Terri HC Jana 2 Rachel POW EXP Emily Z Tommy BC</p>
<p>26</p> <p>3 POW Jana</p>	<p>27</p> <p>5 KB Tommy 5:30 Yoga Cheri 9 SS Meredith 10 KB Meredith</p> <p>4:30 EXP Terri 5:05 ABS Terri 5:30 POW Rachel</p>	<p>28</p> <p>5 FB Matt 8 KB Meredith 9 SS Anne</p> <p>4:30 POW Terri 5:30 Z Emily 6:30 KC Rachel</p>	<p>29</p> <p>5 C Cheri 8:10 BT Anne 10 Z Meredith 11 KB Meredith</p> <p>4:30 HC Jana 5:30 Z Dee 6:30 KB Meredith</p>	<p>Check out the new HC and P+ classes this month!</p>		<p>We Build People Fundraiser aerobathon— "Love your body." Look for fliers with more info. To come.</p>