


	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Morning Classes								
5:30a	Spin Jeanette 5:30-6:20 am Spin Studio	Step & Sculpt Jeanette 6:00-6:50 am Aerobic Studio	Spin Liliana 5:30-6:20 am Spin Studio	Step & Sculpt Jeanette 6:00-6:50 am Aerobic Studio	Spin Melissa 5:30-6:20 am Spin Studio	Open @ 8:00 AM	Open @ 1:00 PM	
6:00a	Zumba April 6:15-7:05 Aerobic Studio		Pi/Yo Liliana 6:30-7:20 am Aerobic Studio		Zumba April 6:15-7:05 Aerobic Studio			
6:30a								
8:30a					Spin Rotating Instructors 8:30-9:20 Spin Studio			
9:00a					Step & Sculpt Keith 9:30-10:20 am Aerobic Studio			
9:30a	G-Force Aerobics Greg 10:00-10:50 am Aerobic Studio	Spin Angie 9:30-10:20 am Spin Studio	G-Force Aerobics Greg 10:00-10:50 am Aerobic Studio	Spin Michelle 9:30-10:20 am Spin Studio	G-Force Aerobics Greg 10:00-10:50 am Aerobic Studio			Extreme Abs Susan 10:30-11 am Aerobic Studio
10:00a		Yoga Angie 10:30-11:20 am Aerobic Studio		Yoga Angie 10:30-11:20 am Aerobic Studio				
10:30a								
11:00a	Extreme Abs Susan 11:00-11:30 am Aerobic Studio		Extreme Abs Susan 11:00-11:30 am Aerobic Studio		Extreme Abs Susan 11:00-11:30 am Aerobic Studio			Zumba April 11:00-11:50 am Aerobic Studio
11:30a								
12:00								
Evening Classes								
5:00p	Funkaerobics Lula 5:15-6:05 pm Aerobic Studio	Kardio Kids Susan 5:00-5:30 pm Aerobic Studio	Stability Ball Core Training Jackie 5:15-6:05 pm - Aerobic Studio	Kardio Kids Susan 5:00-5:30 pm Aerobic Studio		Close @ 5:00 PM	Close @ 5:00 PM	
5:30p	Spin - Melissa 5:30-6:20 pm - Spin Studio Y-FIT - Vic 5:30-6:20 pm - Fitness Floor	Beginner Spin - Michelle 5:30-6:20 pm - Spin Studio Cardio Combo - Larry 5:45-6:30 pm - Aerobic Studio	Spin - Sheena 5:30-6:20 pm - Spin Studio Y-FIT - Vic 5:30-6:20 pm - Fitness Floor	Spin - Veronica 5:30-6:20 pm - Spin Studio Double Step Rosalyn/Carol 5:30-6:30 pm - Aerobic Studio	Spin Lisa 5:45-6:30 pm Spin Studio Step Keith 5:45-6:30 pm Aerobic Studio			
6:00p	Activate America Carlos 6:00-6:50 pm Fitness Floor Step - Carol/Larry 6:15-7 pm Aerobic Studio	Y-FIT - Vic 6:30-7:20 pm - Fitness Floor Activate America Carlos 6:00-6:50 pm - Fitness Floor Spin - Lisa 6:30-7:15 pm - Spin Studio	Activate America Carlos 6:00-6:50 pm - Fitness Floor Beginner Tae Kwon Do 6:15-7 pm - Aerobic Studio \$\$\$Fee Based\$\$	Y-FIT - Vic 5:30-6:20 pm Fitness Floor Activate America Carlos 6:00-6:50 am Fitness Floor	Activate America Carlos 6:00-6:50 pm Fitness Floor			
6:30p	Spin Sheena 6:30-7:20 pm Spin Studio	Stability Ball Toning Inez 6:30-7:20 pm Aerobic Studio	Spin Veronica 6:30-7:20 pm Spin Studio	Kickboxing Inez 6:30-7:20 pm Aerobic Studio	Cardio Dance Ophila 6:30-7:30 pm Aerobic Studio			
7:00p	Zumba April 7:15-8:05 pm Aerobic Studio	G-Force Aerobics Greg 7:15-8:00 pm Aerobic Studio	Advanced Tae Kwon Do 7:00-8 pm - Aerobic Studio \$\$\$Fee Based\$\$	Beginner Spin w/spinflex Michelle 6:30-7:20 pm Spin Studio				
7:30p	Advanced Tae Kwon Do 8:15-9 pm Aerobic Studio							
8:00p								
8:30p								
9:00p	\$\$\$Fee Based\$\$							Close @ 8:00 PM

Augusta South Aerobics Studio A

Week of: _____ / _____ to _____ / _____

Class Numbers: Instructors Please Take Head Count Each Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
Zumba		Pi/Yo		Zumba	Open @ 8:00	Open @ 1:00	
	Yoga		Yoga				
	Kardio Kids		Kardio Kids		Close @ 5:00		Close @ 5:00
	Tae Kwon Do Beginner		Tae Kwon Do Beginner				
Strength	Tae Kwon Do Advanced	Strength	Tae Kwon Do Advanced	Strength			

Augusta South Aerobics Studio B

Week of: _____ / _____ to _____ / _____

Class Numbers: Instructors Please Take Head Count Each Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Step & Sculpt		Step & Sculpt		Open @ 8:00	Open @ 1:00
G-Force		G-Force		G-Force	Step & Sculpt	
Extreme Abs		Extreme Abs		Extreme Abs	Extreme Abs	
					Zumba	
					Close @ 5:00	Close @ 5:00
Funkaerobics	Cardio Combo	Stab. Ball Core	Double Step	Step		
Step	Stab. Ball Toning	Cardio Dance	Kickboxing	Cardio Dance		
Zumba	G-Force					

Augusta South Indoor Cycle Studio

Week of: _____ / _____ to _____ / _____

Class Numbers: Instructors Please Take Head Count Each Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle		Cycle		Cycle	Open @ 8:00	
	Cycle		Cycle		Cycle	
Cycle	Beginner Cycle	Cycle	Cycle	Cycle	Close @ 5:00	Close @ 5:00
Cycle	Cycle	Cycle	Beginner Cycle			

Augusta South Functional Studio

Week of: _____ / _____ to _____ / _____

Class Numbers: Instructors Please Take Head Count Each Class

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Open @ 8:00	
Y-Fit	Y-Fit	Y-Fit	Y-Fit		Close @ 5:00	Close @ 5:00
Y-Fit	Y-Fit	Y-Fit	Y-Fit			

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Augusta South Family Y

Class Schedule as of September 2010

<u>MONDAY</u>			<u>TUESDAY</u>		
C 5:30a	Indoor Cycling	Jeanette	B 6:00a	Step & Sculpt	Jeanette
A 6:30a	Zumba	April	C 9:30a	Indoor Cycling	Angie
B 10:00a	G-Force Aerobics	Greg	A 10:30a	Yoga	Angie
B 11:00a	ExtremeABS **	Susan	A 5:00p	Kardio Kids	Susan
B 5:30p	Funkaerobics	Lula	A 5:30p	Beginner Taekwondo \$\$	Arlene
C 5:30p	Indoor Cycling	Sheena	B 5:30p	Cardio Combo	Larry
F 5:30p	Y-Fit	Vic	C 5:30p	Beginner Cycle	Michelle
A 6:30p	Strength	Carlos	F 5:20p	Y-Fit	Vic
B 6:30p	Step	Carol/Larry	A 6:30p	Advanced Taekwondo \$\$	Arlene
C 6:30p	Indoor Cycling	Sheena	B 6:30p	Stability Ball Toning	Inez
B 7:30p	Zumba	April	C 6:30p	Indoor Cycling	Lisa
			B 7:30p	G-Force Aerobics	Greg
<u>WEDNESDAY</u>			<u>THURSDAY</u>		
C 5:15a	Indoor Cycling	Liliana	B 6:00a	Step & Sculpt	Jeanette
A 6:15a	Pilates/Yoga	Liliana	C 9:30a	Indoor Cycling	Angie
B 10:00a	G-Force Aerobics	Greg	A 10:30a	Yoga	Angie
B 11:00a	ExtremeABS **	Susan	A 5:00p	Kardio Kids	Susan
B 5:30p	Stability Ball Core	Jackie	A 5:30p	Beginner Taekwondo \$\$	Arlene
C 5:30p	Indoor Cycling	Sheena	B 5:30p	Double Step	Rosalyn/Carol
F 5:30p	Y-Fit	Vic	C 5:30p	Indoor Cycling	Veronica
A 6:30p	Strength	Carlos	F 5:30p	Y-Fit	Vic
B 6:30p	Cardio Dance	Ophila	A 6:30p	Advanced Taekwondo \$\$	Arlene
C 6:30p	Indoor Cycling	Veronica	B 6:30p	Kickboxing	Inez
			C 6:30p	Beginner Cycle	Michelle
<u>FRIDAY</u>			<u>SATURDAY</u>		
C 5:30a	Indoor Cycling	Sheena	C 8:30a	Indoor Cycling	Rotating
A 6:30a	Zumba	April	B 9:30a	Step & Sculpt	Keith
B 10:00a	G-Force Aerobics	Greg	B 10:30a	ExtremeABS **	Susan
B 11:00a	ExtremeABS **	Susan	B 11:00a	Zumba	April
B 5:30p	Step	Keith			
C 5:30p	Indoor Cycling	Lisa			
A 6:30p	Strength	Carlos			
B 6:30p	Cardio Dance	Ophila			



A = Studio A (Original)
 B = Studio B (New Room)
 C = Indoor Cycle Studio
 F = Functional Studio (New)

\$\$ = Fee Based Program

All Classes are 45/50 min unless Noted Otherwise

** = 30 min

Classes are subject to cancellation without notice. Instructors are subject to change without notice.

It is recommended that you bring a water bottle and towel with you to class