

# Winter 2012 Schedule Keck Studio

(PAID CLASSES / Drop In Classes / PAID YOUTH CLASSES)

January 2 - February 19, 2012

| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   | Saturday  |
|---|---|--|--|--|---|
| <b>Childwatch</b><br>8:00 – 12:00 & 4:30 – 7:30         | <b>Childwatch</b><br>8:00 – 12:00 & 4:30 – 7:30 | <b>Childwatch</b><br>8:00 – 12:00 & 4:30 – 7:30      | <b>Childwatch</b><br>8:00 – 12:00 & 4:30 – 7:30              | <b>Childwatch</b><br>8:00 – 12:00                      | <b>Childwatch</b><br>9:00 – 11:45                     |
| <b>Boot Camp</b><br>7:00 – 7:45<br>Shannon D            | <i>CYCLING</i><br>6:00 – 6:45<br>BONNIE S.      | <b>Boot Camp</b><br>7:00 – 7:45<br>Shannon D         | <i>CYCLING</i><br>6:00 – 6:45<br>BONNIE S.                   | <b>Boot Camp</b><br>7:00 – 7:45<br>Shannon D           |   |
| <b>Fitness Fusion Plus</b><br>8:15 – 9:15<br>Tammy S    | <b>Zumba</b><br>8:15 – 9:00<br>Tammy S          | <b>Total Body Fitness</b><br>8:15 – 9:15<br>Tammy S  | <b>Fitness Fusion</b><br>8:15 – 9:00<br>Kelly K              | <b>Zumba</b><br>8:15 – 9:00<br>Tammy S                 | <b>Saturday Fitness Challenge</b><br>8:30 – 9:15      |
| <i>CYCLING</i><br>9:30 – 10:15<br>HEATHER L             | <b>Glute Camp</b><br>9:00 – 9:30<br>Tammy S     | <b>Step</b><br>9:20 – 10:05<br>Tammy S               | <b>Abs, Core and More</b><br>9:00 – 9:30<br>Kelly K          | <b>Total Body Fitness</b><br>9:15 – 10:15<br>Heather L | <b>Zumba</b><br>9:30 – 10:15<br>Cynthia B/<br>Kerie p |
| <b>Abs, Core and More</b><br>10:15 – 10:45<br>Heather L | <b>Zumba</b><br>9:30 – 10:15                    | <i>CYCLING</i><br>10:15 – 11:00<br>HEATHER L         | <b>Zumba</b><br>9:30 – 10:15<br>Cynthia B                    | <i>BEGINNING CYCLING</i><br>10:30 – 11:15<br>STEFF W.  |   |
| <b>Total Body Fitness</b><br>10:45 – 11:45<br>Heather L | <i>YOGA</i><br>10:15 – 11:00<br>THERESA B       |  | <i>PILATES</i><br>10:15 – 11:00<br>ISABELLE G                |  |   |
|   |   |  |  |  |   |
| <b>Zumba</b><br>5:30 – 6:15<br>Lisette s                | <b>Fabulously Fit</b><br>5:30-6:15<br>Jenn S    | <b>Circuit Training</b><br>5:30 – 6:15<br>Courtney P | <b>Zumba</b><br>5:30-6:15<br>Kerie P                         | <i>CYCLING</i><br>5:30 – 6:15                          |   |
| <i>CYCLING</i><br>6:30 – 7:15<br>LINDA P                |   | <b>Zumba</b><br>6:30 – 7:15<br>Emma P                | <b>PILOXING</b><br>6:30-7:30<br>Tammy F                      |  |   |
| <b>Step &amp; Tone</b><br>7:30 – 8:30<br>Shannon D      |   | <i>CYCLING</i><br>7:25– 8:10<br>JENN S               | <i>STUDIO 2</i><br><i>PILATES</i><br>5:30 – 6:15<br>DEBBIE C |  |   |
|   |   |  |  |  |   |

## Winter 2012 Schedule Auditorium

| Monday                                    | Tuesday                                     | Wednesday                                   | Thursday                                    | Friday | Saturday                                      |
|---|---|---|---|--------|---|
|   |   | Sneaker Jam<br>9:15 - 10:00<br>Kelly M      | Wheels of Fun<br>9:15 - 10:00<br>Kelly M    |        | Intermediate Gym<br>10:30 - 11:15<br>Meghan G |
|   |   | Giggle & Wiggle<br>10:15 - 11:00<br>Kelly M |   |        |   |
|   |   | .   |   |        |   |
|   |   |   |   |        |   |
|   |   |   | Kindernastics<br>3:30 - 4:15<br>Rowen W     |        |   |
| Mommy & Me<br>18-36 Months<br>4:30 - 5:15 |   |   | Rollers<br>4:30 - 5:15<br>Rowen W           |        |   |
| I'm Ready<br>5:30 - 6:15                  | Youth Tang Soo Do<br>6:30 - 7:30<br>Jason P |   | Youth Tang Soo Do<br>6:30 - 7:30<br>Jason P |        |   |
|   | Adult Tang Soo Do<br>7:30 - 8:30<br>Jason P |   | Adult Tang Soo Do<br>7:30 - 8:30<br>Jason P |        |   |

## Winter 2012 Schedule Gymnasium/Basketball Court

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  | Saturday  |
|---|---|--|---|---|---|
| OPEN GYM<br>6 a.m. - 3 p.m.   | OPEN GYM<br>6 a.m. - 3 p.m.   | OPEN GYM<br>6 a.m. - 3 p.m.  | OPEN GYM<br>6 a.m. - 3 p.m.   | OPEN GYM<br>6 a.m. - 3 p.m.   | YMCA Opens<br>at 8 am   |
| Mommy & Me<br>QST 9:30 a.m.   |   |  | Wheels of Fun<br>9:30 - 10:15 a.m.  |   |   |
| SACC Gym Time<br>3 - 4:45 p.m.                                      | SACC Gym Time<br>3 - 4:45 p.m.  | SACC Gym Time<br>3 - 4:45 p.m.   | SACC Gym Time<br>3 - 4:45 p.m.  | SACC Gym Time<br>3 - 4:45 p.m.  |   |
| OPEN Youth<br>Gym Time<br>4:45 - 5:45 p.m.                          | OPEN Youth<br>Gym Time<br>4:45 - 6:45 p.m.  | NO OPEN Youth<br>Gym Time  | OPEN Youth<br>Gym Time<br>4:45 - 5:30 p.m.  | OPEN Youth<br>Gym Time<br>4:45 - 5:45 p.m.                                    | OPEN Youth<br>Gym Time<br>8:00 - 9:30 a.m.  |
| Swim Team<br>5:45 - 6:00 p.m.<br><br>Gym Rented<br>6:00 - 8:00 p.m. | Indoor Soccer<br>5:30 - 6:15 p.m.<br>Linze K<br><br>Swim Team<br>6:15 - 7:15 p.m. | Quick Start Tennis<br>5:00 - 5:45 p.m.<br>Michele T<br><br>Basketball<br>6:00 - 7:00 p.m.<br>Coach Jay | Quick Start Tennis<br>5:30 - 6:15 p.m.<br>Michele T<br><br>Swim Team<br>6:15 - 7:15 | Swim Team<br>5:45 - 7:00<br><br>Speed & Agility<br>7:00 - 8:30 p.m.<br>Mark S | Quick Start Tennis<br>9:30 - 10:30 a.m.<br>Kelly M<br><br>Gym Rented<br>10:30 a.m. - 12:30 p.m. |
| OPEN Adult<br>Gym Time<br>8:00 - 8:45 p.m.                          | OPEN Adult<br>Gym Time<br>7:15 - 8:45 p.m.  | OPEN Adult<br>Gym Time<br>7:00 - 8:45 p.m.   | OPEN Adult<br>Gym Time<br>7:15 - 8:45 p.m.  | NO OPEN Adult<br>Gym Time   | OPEN Adult<br>Gym Time<br>12:30 - 5:45 p.m.   |

### Attention Members:

When a class is in progress, the Gymnasium (Basketball Courts) are Closed

The Gymnasium may be rented or used for YMCA special events during any open gym time. Signs will be posted with additional information when necessary. You can call to confirm the Gymnasium is open.

Thank you for your understanding and cooperation.

## Winter 2012 YOUTH Wellness Center Schedule Youth Classes Offered

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday | Saturday   |
|---|--|--|--|--------|--|
| <b>Open YWC<br/>Gym Time<br/>5:00 - 7:00<br/>Carrie C</b> | <b>Open YWC<br/>Gym Time<br/>4:00 - 6:30<br/>Carrie F</b>                  | <b>Open YWC<br/>Gym Time<br/>5:00 - 7:00<br/>Matt</b>                  | <b>Open YWC<br/>Gym Time<br/>4:00 - 6:30<br/>Roger C</b>     |        | <b>Open YWC Gym Time<br/>9:30 - 11:30<br/>Rich W</b> |
|   |  |  | <i>PRESIDENT'S<br/>CHALLENGE<br/>4:45 - 5:15<br/>MATT D</i>  |        |  |
|   | <i>FIT CLUB<br/>4:30 - 5:15<br/>KECK STUDIO<br/>MATT D<br/>MEET IN YWC</i> | <i>FIT CLUB<br/>4:45 - 5:30<br/>GYM<br/>CARRIE F<br/>MEET IN LOBBY</i> | <i>TWEEN CYCLING<br/>4:45 - 5:15<br/>KELLY M</i>             |        |  |
| <b>F.I.T.<br/>5:30 - 6:15<br/>Roger C<br/>MEET IN YWC</b> |  |  | <b>F.I.T.<br/>5:30 - 6:15<br/>Jason R<br/>MEET IN LOBBY</b>  |        |  |
| <b>WOW Me!<br/>Wellness Center<br/>6:15 - 7:15</b>        | <b>WOW Me!<br/>Youth<br/>Wellness Center<br/>5:15 - 6:15</b>               | <b>WOW Me!<br/>Wellness Center<br/>6:15 - 7:15</b>                     | <b>WOW Me!<br/>Youth<br/>Wellness Center<br/>5:15 - 6:15</b> |        |  |
|   |  |  |  |        |  |

## Winter 2012 Schedule Studio II

| <b>Monday</b>                                       | <b>Tuesday</b>  | <b>Wednesday</b>                                    | <b>Thursday</b>   | <b>Friday</b>                                    | <b>Saturday</b> |
|---|---|---|---|--|-----------------|
| Silver Sneakers®<br>MSROM<br>9 - 9:45<br>Kathy W    | Prenatal Plus Yoga<br>9 - 9:45<br>Theresa B                 | Silver Sneakers®<br>MSROM<br>9 - 9:45<br>Kathy W    |   | Silver Sneakers®<br>MSROM<br>9 - 9:45<br>Kathy W |                 |
| Silver Sneakers®<br>MSROM<br>10 - 10:45<br>Jackie Z | Silver Sneakers®<br>Cardio Circuit<br>10:00 - 10:45<br>Toni | Silver Sneakers®<br>MSROM<br>10 - 10:45<br>Jackie Z | Silver Sneakers®<br>Cardio Circuit<br>10:00 - 10:45<br>Toni | Zumba Gold<br>10 - 10:45<br>Tammy S              |                 |
|   | Silver Sneakers®<br>YogaStretch<br>11:00 - 11:45<br>Toni    |   | Silver Sneakers®<br>YogaStretch<br>11:00 - 11:45<br>Toni    |  |                 |
|   |   |   |   |  |                 |
| Pre Tap / Pre Ballet<br>Patti W                     | Pre Tap / Pre Ballet<br>Sara                                | Tap / Ballet<br>Sara                                |   | Youth Yoga<br>3:45 - 4:30<br>Denise GB           |                 |
| Boys Hip Hop<br>Patti W                             | Tap / Ballet<br>Sara  | Girls Hip Hop<br>Sara                               |   |  |                 |
|   |   |   |   |  |                 |

## Winter 2012 Pen Argyl Community Center

| Monday | Tuesday  | Wednesday | Thursday   | Friday | Saturday |
|--------|--|-----------|--|--------|----------|
|        | <b>Silver Sneakers®</b><br><b>MSROM</b><br>9:00 - 9:45<br><i>Carol M</i> |           | <b>Silver Sneakers®</b><br><b>MSROM</b><br>9:00 - 9:45<br><i>Carol M</i> |        |          |

### Art Room

| Monday | Tuesday | Wednesday                          | Thursday | Friday                               | Saturday                       |
|--------|---------|------------------------------------|----------|--------------------------------------|--------------------------------|
|        |         | <b>Master-Monet</b><br>6:00 - 6:45 |          |                                      |                                |
|        |         |                                    |          |                                      | <b>Birthday Party</b><br>2 - 4 |
|        |         |                                    |          | <b>Birthday Party</b><br>6:30 - 8:30 |                                |