


# William G. White Family Jr. YMCA

## December AM

**YGROUP EXERCISE**<sup>TM</sup>

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p><i>Please note classes are subject to change. We will make every effort to keep you informed.</i></p> <p><b>Classes in Bold are new!!!</b></p>	<p>6:00-Total Body Conditioning- Sara 8:30-Step &amp; Abs- Wendy</p> <p><b>Ceremony for Central's Name Change</b></p>	<p>6:00- Cardio Combo - Constance</p> <p>8:30-Pump- Lisa P 9:30- Yoga Pump- Colleen 10:45-Yoga II*- Julia</p>	<p>6:00-Pump- Teresa</p> <p>8:30-Double Step- Lisa P 9:35 Intervals- Jennifer <b>10:45 Mom/Dad &amp; Me- Pam</b> <i>* held in Yoga/pilates studio</i></p>	<p>6:00 Sports Conditioning- Mary G 8:30- Kick Punch Crunch- Joe 9:30-Pump- Jennifer 9:30-Yogilates II- Colleen</p>	<p><b>6:00- Metabolic Effect- Stacey</b> <b>6:30- Ab Attack- Stacey (15 mins)</b> 8:30- 20/20/20- Wendy 9:30- Butts N Guts- Teresa G 10:35-*Ballet Barre- Mackenzie</p>	<p><b>Mistletoe Race</b> 9:30- *Bellydance- Chris <i>*held in yoga/pilates studio</i></p>
<p>3:00 Family Zumba-Pam 4:30- All Yoga- Jacob 4:30- Cycle- Lauren</p>	<p>6:00-Pump- Sara 8:30-Step &amp; Abs- Lisa P 9:35- Zumba® - Anna 12:15- ME - Dee Dee</p>	<p>6:00- Bootcamp- Constance</p> <p>8:30-Pump- Wendy 9:30- Yoga Pump-Colleen 10:45-Yoga II*- Julia</p>	<p>6:00-Pump- Teresa</p> <p>8:30-Double Step- Wendy 9:35 Intervals- Jennifer <b>10:45 Mom/Dad &amp; Me- Pam</b> <i>* held in Yoga/pilates studio</i></p>	<p>Prayer Breakfast 9:30- *Pump- Jennifer <b>* held in the gym*</b> 9:30-Yogilates II- Colleen</p>	<p><b>6:00 Metabolic Effect- Elizabeth</b> <b>6:30- Ab Attack- Elizabeth (15 mins)</b> 8:30- 20/20/20- Lisa P 9:30- Bootcamp- Dee Dee</p>	<p>8:05- Pump- Jennifer 9:15- Metabolic Effect- Brenda 9:50- Zumba-Lisa 11:00- Yoga II*- Jean</p>
<p>3:00: Family Zumba-Pam 4:30 All Yoga-Nancy 4:30 Cycle-Lauren</p>	<p>6:00-Pump- Sara 8:30- Step &amp; Abs- Lisa P 9:35- Zumba® - Carlotta 12:15- ME - Dee Dee</p>	<p>6:00- 20/20/20- Constance</p> <p>8:30-Pump- Lisa P 9:30- Yoga Pump-Colleen 10:45-Yoga II*- Jean</p>	<p>6:00-Pump- Teresa</p> <p>8:30- StepBlast - Lisa P 9:35- Cardio Combo - Jennifer <b>10:45 Mom/Dad &amp; Me- Pam</b> <i>* held in Yoga/pilates studio</i></p>	<p>6:00 Sports Conditioning- Mary G <b>8:30- ClubKick - Cortney Wilson</b> 9:30-Pump-Jennifer 9:30-Yogilates II- Colleen</p>	<p><b>6:00- Metabolic Effect- Stacey</b> <b>6:30- Ab Attack- Stacey (15 mins)</b> 8:30- 20/20/20- Wendi 9:30- Butts N Guts- Jennifer 10:35-*Ballet Barre- Mackenzie</p>	<p>8:05 - Pump- Wendi 9:15 Metabolic Effect- Jade 9:50- Zumba-Carlotta 11:00- Yoga II*- Jean</p>
<p><b>3:00 Family Hip Hop- Rachel</b> 4:30 All Yoga-Jacob 4:30 Cycle- James</p>	<p>6:00-Total Body Conditioning- Sara 8:30- Step &amp; Abs- Wendy 9:35- Zumba®- Anna 12:15 ME- Elizabeth</p>	<p>6:00- Cardio Combo - Constance</p> <p>8:30-Pump- Lisa P 9:30- Yoga Pump-Colleen 10:45-Yoga II*- Julia</p>	<p>6:00-Pump- Patti</p> <p>8:30-Intervals - Wendy 9:35- Step Blast- Jennifer</p>	<p>Merry Christmas!! </p>	<p>8:30- 20/20/20- Wendy 9:30-Bootcamp-Jennifer</p>	<p>8:05- Pump- Jennifer 9:15- Metabolic Effect- James 9:50- Zumba- Carlotta 11:00- Yoga II*- Jean</p>
<p>3:00 Family Zumba- Pam 4:30 All Yoga- Nancy 4:30 Cycle- James</p>	<p>6:00- Pump-Patti 8:30- Step &amp; Abs- Wendy 9:35- Zumba®- Carlotta 12:15 ME- Dee Dee</p>	<p>6:00- 20/20/20-Constance</p> <p>8:30-Pump- Wendy 9:30- Yoga Pump-Colleen 10:45-Yoga II*- Julia</p>	<p>6:00-Pump- Teresa</p> <p>8:30-Double Step - Wendy 9:35- Cardio Combo- Jennifer</p>			

**Metabolic Effect (ME)-30 minutes of intense, specific exercises to deliver maximum results. Combines unique movements, patterns and sprint cardio drills and short rest periods, creating a caloric afterburn for hours and days after the workout. You are going to love this class!!**

*Our Mission: Helping people reach their God-given potential in spirit, mind and body.*