

Bangor Y Group Exercise Schedule

Winter 2010 Nov 30, 2009-March 6th, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Group Step Mark	Group Power Sheila	Group Active Amy M	Fitness Yoga Sheila	Group Power Sheila	
5:45 am		Cycling Amy H Viner Room		Cycling Amy H Viner Room		
8:00 am 8:45 am				ZUMBA Elizabeth – 30 min 8:45 am		Group Active Wendy 8:00 am
8:40 am					Group Step Jennifer 8:40-9:40	Cycling Wendy 9:15 am
9:30 am	Group Active Becky	Group Power Becky	Group Groove Becky	Group Power Tammy		Group Power Rotating 9:15 am
10:30 am						Group Groove 2/6, 2/20, 3/6 Group Step 2/13, 2/27 10:30-11:30
12:10 pm	Group Power Katie 12:10-1:10	Lunchtime Yoga Lisa 12:10-12:55	Group Power Nancy 12:10-1:10		Lunchtime Yoga Lisa	
4:15 pm	Group Groove Tammy	Group Power Jen		Group Active Sheila		
5:30 pm	Group Step Mark ----- Yoga/Pilates Stretch Mix Allison	Group Active Amy M ----- Cycling Jen Viner Room ----- Zumba Tammy Second St. Gym	Group Step Amanda -----	Group Power Kip ----- Cycling Wendy Viner Room ----- Fitness Yoga Joann	Group Active Rotating	
6:40 pm	Group Power Rebecca		Group Groove Kip 6:00 pm	Group Groove Heidi		