



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

BRIARGATE FAMILY CENTER

Schedule Effective May 1, 2012
Published: April 30, 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CARDIO/STRENGTH (Aerobics STUDIO)						
5:30 am		F.I.T. Andrea		Power Hour Alexia		7:30 am 1 st , 3 rd & 5 th Boot Camp Cat
8:00 am	Silver Sneakers® MSROM - Pam	Ult. Conditioning Teddi	Silver Sneakers® MSROM - Pam		Silver Sneakers® Circuit - Pam	2nd & 4th Zumba Amy
8:30 am					Circuit (F.I.T.)■ Alexia	
9:00 am	Cardio Mix Nicole M.	Ult. Conditioning Julie	Cardio Mix Carrie J.	Ult. Conditioning Lori	Step Lori	8:30 am Weekend ♦ Works Lori/Julie
9:30 am	Circuit (F.I.T.)■ Pam	Circuit (F.I.T.)■ Teddi	Circuit (F.I.T.)■ Susette	Circuit (F.I.T.)■ Stacey		
10:00 am	Body Fit Carrie J.	Dance Step Fusion Kim	Body Fit Carrie J.	Dance Step Fusion Kim	Athletic Condit. Andrea	
11:00 am	Step Lori	Active Adults Pam	Zumba Heidi	Active Adults Pam	Zumba Rosie	
12:00 pm	Zumba Gold Ysabelle	Stretch & Movement Pam		Stretch & Movement Pam		
1:00 pm		Country Line Dancing Betty		Country Line Dancing Betty		
2 pm NIA■ Staff						
3:30 pm				Zumba Gold Ysabelle		
4:30 pm	Treadmill (F.I.T.) Shannon	Treadmill (F.I.T.) Catherine	Treadmill (F.I.T.) Shannon	Treadmill (F.I.T.) Heather		
4:30 pm	Kick, Pump& Crunch Mandi	Body Fit Shannon	Zumba Risa	Zumba Wendy		
5:30 pm	Circuit Challenge Kim	Athletic Conditioning Stacey	Athletic Conditioning Shannon			
6:00 pm				Boot Camp Shannon		
6:30 pm	6:15-7:00 pm Step■ Kim	AbSolution▲ Stacey				
7:00 pm	Zumba Heidi	Zumba Amy		AbSolution▲ Shannon		

Briargate Family YMCA
4025 Family Place, Colorado Springs, CO 80920
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BOLD=Change



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GROUP EXERCISE SCHEDULE (CONTINUED)

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GROUP EXERCISE SCHEDULE (CONTINUED)

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLING (MIND/BODY Room)						
5:15 am	Jeff		Ty		Alexia	7:00 am Staff
6:00 am		Alexia		Michele		
9:00 am		Anne		Anne		
4:30 pm				Martha/Carrie		
6:35 pm	Dwight					
MIND/BODY (MIND/BODY Room)						
9:15 am	Mat Pilates Linda		Mat Pilates Adele		Vinyoga Beth	8:30 am Yoga - Sharon
10:15 am		Yoga Katy		Mat Pilates Int./Adv Kirsten		
10:30 am	Flow Yoga Joanne		Flow Yoga Sharon			
11:35 am		30/30 Cat	Gentle Hatha Yoga Heather P.	30/30 Cat		
5:30 pm	Yoga Joanne	Flow Yoga Joanne		Mat Pilates Debbie		
6:30 pm				Nia Loretta		
7:35 pm			Yin Yoga Dawn			
WATER FITNESS						
6:00 am	Aerobi-Tone (LP) Bev		Aerobi-Tone (LP) Bev		Aerobi-Tone(LP) Bev	
7:00 am					Aqua Pilates(SP) Suzanne	
7:30 am		Beach Bums (SP) Suzanne		Beach Bums (SP) Suzanne		8:00 am Deep Water(LP) Becky
8:45 am	Power Up (LP) Michelle		Power Up (LP) Michelle		Power Up (LP) Michelle	
9:00 am		Deep Seas (LP) Carol		Deep Seas (LP) Carol		
9:45 am	Fit 4 Two (LP) Chris		Fit 4 Two (LP) Chris		Fit 4 Two (LP) Bev	
10:00 am		Silver Splash (SP) Carol		Twinges In the Hinges (SP) - Carol		
10:30 am	Silver Splash (SP) Carol		Silver Splash (SP) Carol		Silver Splash (SP) Carol	
11:30 am	Twinges In the Hinges (SP) - Carol		Twinges In the Hinges (SP) - Carol		Twinges In the Hinges (SP) - Carol	
12:30 Pm	The Trainer Becky		The Trainer Becky		The Trainer Becky	
5:30 pm	Deep Water (LP) Leslie	H2O Power (LP) Cindy	Deep Water (LP) Leslie	H2O Power (LP) Cindy		

For more information, contact the Welcome Center at (719) 282-9622

Classes are 55 min unless noted: ▲30 min ■45 min ●90 min

F.I.T=Fit Room

LP=Large Pool

SP=Small Pool



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