


# Bangor Y Group Exercise Schedule

Fall 2008  
Sept 2<sup>nd</sup>-Nov 30<sup>th</sup> 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Cardio Step Amy	<b>Group Power</b> Sheila	Cardio Mix Amy	Fitness Yoga Sheila	<b>Group Power</b> Sheila	
6:00 am		Cycling Karl/Duane		Cycling Karl/Duane		
8:15 am		Women on Weights Becky		Women on Weights Becky		
9:30 am	Step Interval Heidi	<b>Group Power</b> Becky	Group Groove Heidi	<b>Group Power</b> Becky	Group Groove Becky	<b>Group Power</b> Rotating 9-10 am
						Group Groove 10:15-11:15 Rotating
12:10-12:55 pm	<b>Group Power</b> Tammy ----- Pre-Post Natal Yoga Lisa	Lunchtime Yoga Lisa	<b>Group Power</b> Tammy		Lunchtime Yoga Lisa	
4:15 pm	Group Groove Tammy	<b>Group Power</b> Amanda				
5:30 pm	Cardio Step Wendy  ----- Yoga/Pilates Stretch Mix Allison	<b>Get Fit</b> Amanda ----- Cycling Becky	Cardio Step Amanda ----- Yoga/Pilates Stretch Mix Allison	<b>Group Power</b> Amanda  ----- Cycling Jen	<b>Get Fit</b> Haley  -----	
6:40 pm	<b>Group Power</b> Rebecca	Group Groove Rebecca ----- Fitness Yoga Joann		Cardio Step TBA		
7:45		Belly Dancing Kitty 7:45-8:45				