

	Monday - Spring 2 Schedule					Tuesday - Spring 2 Schedule					Wednesday - Spring 2 Schedule					Thursday - Spring 2 Schedule							
	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E			
6:00 - 6:30	TRX 6 (6:15-7:00) Brett			Interval Strength (6:00-7:00) Nina			Step Survival 1 (6:15-7:15) Vanessa/Ko		Studio Cycling 3 (6:00-7:00) Tony					StudioCycling with Power (6:00-7:00) Nina					StudioCycling 8 (6:00-7:00) Pauline	6:00 - 6:30			
6:30 - 7:00		Barre 360 (6:30-7:20) Jan				Total Body HIIT (6:30-7:30) Mahya									Mindful Vinyasa Yoga (6:15-7:15) Amy U.					6:30 - 7:00			
7:00 - 7:30											Iyengar Wake-up Yoga (7:00-8:00) Marly					HIIT - Low Impact (7:00-7:45) Sara S.				7:00 - 7:30			
7:30 - 8:00		Conditioning for Life (7:30-8:15) Dan										Conditioning for Life (7:30-8:15) Dan								7:30 - 8:00			
8:00 - 8:30	TRX 1 (8:10-8:55) Gwyn					Vinyasa Yoga 9 (8:00-9:00) Mai					TRX 4 (8:10-8:55) Gwyn					Vinyasa Yoga 6 (8:00-9:00) Mai				8:00 - 8:30			
8:30 - 9:00											Intermediate Pilates 2 (8:30-9:30) Sara									8:30 - 9:00			
9:00 - 9:30		Core Essentials (9:00-9:30)				Tai Chi 3 (9:05-9:55) Daryl M.		Dance 14 Play Group/CM (9:15-10:00)			Mindful Movement Pilates 2 (9:00-9:45) Gwyn		NIA 2 (9:10-10:10) Megan		Guided Iyengar Practice (8:30-10:30) Liz B. No Class 5/16 & 5/23		Core Essentials (9:00-9:30)				9:00 - 9:30		
9:30 - 10:00	Vinyasa Yoga 1 (9:15-10:15) Rachel	All Around Fitness (9:45-10:45) Mimi	Mindful Movement Pilates (9:15-10:00) Gwyn	GroupStrength (9:30-10:30) Mike								All Around Fitness (9:45-10:45) Mimi		GroupStrength 2 (9:30-10:30) Mike	Beg. Pilates (9:15-10:15) Sara S.			Bike & Tone (9:15-10:30) Judy		9:30 - 10:00			
10:00 - 10:30					CHILD WATCH				Kettlebells All Levels (10:00-10:45) Gretchen	CHILD WATCH	Iyengar Yoga Level 1-2 (10:00-11:30) Pam		Zumba 3 (10:15-11:15) Carol								10:00 - 10:30		
10:30 - 11:00	Gentle Iyengar Yoga (10:45-11:45) Toni	Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Darryl			Chair Yoga (10:45-11:30) Chelsea	Zumba Toning 2 (10:45-11:45) Carol No Class 4/23													CHILD WATCH	10:30 - 11:00		
11:00 - 11:30					CHILD CARE																11:00 - 11:30		
11:30 - 12:00											Nurturing Baby and You (11:30-12:30)	TRX/Pilates Mat Combo (11:45-12:15) Gwyn									11:30 - 12:00		
12:00 - 12:30	TRX 2 (12:00-12:45) Gwyn	Power Lunch (12:15-1:00) Janet	Moving For Better Balance (12:15-1:00) Ken			Iyengar Yoga All Levels (11:45-1:15) Linda	Barre 360 2 (12:00-12:50) Jan	Gentle Fitness: Strong & Healthy (12:00-1:00) Susan	Get Fit (12:15-1:00) Mike												12:00 - 12:30		
12:30 - 1:00															Iyengar Yoga Level 1 (12:00-1:30) Pam	Power Lunch 2 (12:15-1:00) Mike	Gentle Fitness: Strong & Healthy (12:00-1:00) Susan	Studio Cycling Express 2 (12:00-12:45) Janet	Outdoor/Indoor Conditioning (12:00-1:00) Chad		12:30 - 1:00		
1:00 - 1:30	Vinyasa Yoga 1 (1:00-2:00) Chelsea																				1:00 - 1:30		
1:30 - 2:00		LIVESTRONG (1:00-3:00)				Yin Yoga (1:30-2:30) Chris	LIVESTRONG (1:00-3:00)		Zumba Gold (1:15-2:00) Karen												LIVESTRONG (1:00-3:00)	1:30 - 2:00	
2:00 - 2:30																						2:00 - 2:30	
2:30 - 3:00																						2:30 - 3:00	
3:00 - 3:30																						3:00 - 3:30	
3:30 - 4:00																						3:30 - 4:00	
4:00 - 4:30						Teen Vinyasa (4:15-5:00) Chelsea	Dance 1 Creative Dance (4:15-5:00)															Judo Kata Practice (4:00-4:45)	4:00 - 4:30
4:30 - 5:00		Ballet 1 Pre- Ballet I (4:30-5:15)			CHILD CARE					CHILD CARE			Youth Beg. Tap (4:30-5:15)		CHILD CARE		Ballet 4 Beginning I (4:30-5:25)	Youth Hip-Hop/Jazz (4:30-5:25)				4:30 - 5:00	
5:00 - 5:30						HIITRX (5:15-6:00) Chad	Body Core 1 (5:30-6:30) Lena	Tai Chi 1 (5:15-6:00) Daryl M.			Beginner Yoga 1 (5:00-6:00) Chelsea		Zumba 5 Andrea (5:30-6:30)	Youth Beg. 2 Tap (5:30-6:15)		Yoga for Athletes (5:30-6:30) Robin	WERQ (5:30-6:30) Dana	Ballet 5 Beginning 2 (5:30-6:25)	StudioCycling 9 (5:30-6:30) Liz P.			5:30 - 6:00	
6:00 - 6:30	Int. Pilates Mat Flow (5:45-6:45) Kristin	Cardio Karate 1 (5:30-6:30) Morris		StudioCycling 2 (5:45-6:45) Gianna	Judo 1 Beginning (5:30-6:30)																	6:00 - 6:30	
6:30 - 7:00		Zumba 1 (6:30-7:30) Carol	Karate 1 All Levels (6:30-7:30) Morris		Judo 3 Int/Adv (6:30-7:30)	Vinyasa Yoga 2 (6:15-7:15) Carter	Zumba 2 Kyande (6:30-7:30)	Tai Chi 2 (6:00-6:50) Daryl M.	Studio Cycling 10 (6:30-7:30) Janet	Aqua Synchro (6:30-7:30)	Vinyasa Yoga 10 (6:15-7:15) Chelsea	Cardio Karate 2 (6:30-7:30) Morris	Karate 1 All Levels (6:30-7:30) Clark	Studio Cycling 7 (6:30-7:30) Ryan		Power Yoga (6:45-7:45) Chris		Belly Dance (Beg.) (6:30-7:30)		Aqua Synchro (6:45-7:30)		6:30 - 7:00	
7:00 - 7:30				Bike/Tone 2 (7:00-8:15) Judy																		7:00 - 7:30	
7:30 - 8:00		Karate 3 (7:30-8:30)	Dance 17 Modern/Cont. Dance (7:45-9:00)		Jujutsu 1 Beginner (7:30-9:30)	Intermediate Vinyasa Yoga 1 (7:30-8:45) Carter	Dance 12 Belly Dance II/III (7:30-9:15)				Crossfire (7:30-8:30) Tony	Karate 3 (7:30-8:30)	Adult Cont. Tap (7:35-8:35)		Judo 5, Club (7:00-9:00)					Aikido 5 All Levels (7:30-8:30)		7:30 - 8:00	
8:00 - 8:30		Karate 4 (7:30-9:00) Morris										Karate 4 (7:30-9:00) Morris				Yoga Flow (8:00-9:00) Lewis	Fencing 4 Studio Fencing (8:00-9:00)					8:00 - 8:30	
8:30 - 9:00																						8:30 - 9:00	
9:00 - 9:30																						9:00 - 9:30	
9:30 - 10:00																						9:30 - 10:00	

Free Classes in Yellow Punch Card Eligible No Registration Necessary Class offerings are subject to minimum enrollment Free Classes in Yellow Punch Card Eligible No Registration Necessary Session Dates : April 22nd - June 9th



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ANN ARBOR YMCA STUDIO CLASS SCHEDULE

Spring 2 - 2019
April 22 - June 9

400 W. Washington Street
Ann Arbor, Michigan 48103
734.996.9622

Monday thru Friday: 5:30am - 10:00pm
Saturday and Sunday: 7:00am - 7:00pm

Updated: April 15, 2019

	Friday - Spring 2 Schedule					Saturday - Spring 2 Schedule					Sunday - Spring 2 Schedule						
	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E	Studio A	Studio B	Studio C	Studio D	Studio E		
6:00 - 6:30	TRX 5 (6:15-7:00) Brett	Step Survival 2 (6:15-7:15) Vanessa/Ko														6:00 - 6:30	
6:30 - 7:00																6:30 - 7:00	
7:00 - 7:30																7:00 - 7:30	
7:30 - 8:00		Conditioning for Life (7:30-8:15) Dan														7:30 - 8:00	
8:00 - 8:30	TRX 3 (8:10-8:55) Gwyn							Karate Sparring Club (8:00-9:00) Morris		Studio Cycling 11 (8:00-9:00) Ryan						8:00 - 8:30	
8:30 - 9:00		Total Body HIIT 2 (8:30-9:30) Gretchen									Aikido 2 Beginning (8:45-9:30)					8:30 - 9:00	
9:00 - 9:30	Mindful Vinyasa 2 (9:15-10:15) Chelsea		Barre 360 3 (9:10-9:55) Carol			Vinyasa Yoga 7 (9:15-10:15) Anya	Ballet 3 Pre-Ballet (9:00-9:45)				Aikido 3 Intermediate (9:30-10:30)					9:00 - 9:30	
9:30 - 10:00		All Around Fitness (9:45-10:45) Sara F.						Karate 2 All Levels Karate Club (9:30-11:00) Clark		Body Core 2 (9:15-10:15) Lena						9:30 - 10:00	
10:00 - 10:30			ZumbaToning (10:10-11:10) Carol		CHILD WATCH		Ballet 9 Floor Barre (9:50-10:50)					Intermediate Vinyasa Yoga 2 (9:30-10:45) Amy M.				10:00 - 10:30	
10:30 - 11:00	Iyengar Style Yoga Level 1-2 (10:30-12:00) Liz B. No Class 5/10 & 5/17										Judo 2 Beginning (10:30-11:30)		Shape-Up (10:00-10:50) Melanie		Studio Cycling with Power 2 (10:00-11:00) Nina	Jujutsu Open Mat Training (10:00-12:00)	10:30 - 11:00
11:00 - 11:30		Enhance Fitness (11:00-12:00) Mimi	Intro to Moving For Better Balance (11:15-12:00) Ken		CHILD CARE	Iyengar Yoga 2 Level 1-2 (11:00-12:30) Linda	Adult Cont./Int. Ballet (11:00-12:15)					Beginner Yoga 2 (11:00-11:45) Amy M.	Intermediate Pilates (11:00-12:00) Sara S.		StudioCycling Express (11:15-12:00) Nina		11:00 - 11:30
11:30 - 12:00											Judo 4 Int/Adv (11:30-1:00)						11:30 - 12:00
12:00 - 12:30		HIIT Circuits (12:15-1:00) Emily	Moving For Better Balance (12:15-1:00) Ken	Studio Cycling Express 3 (12:00-12:45) Janet													12:00 - 12:30
12:30 - 1:00							Adult Beginning Ballet (12:30-1:30)										12:30 - 1:00
1:00 - 1:30																	1:00 - 1:30
1:30 - 2:00											Aikido 4 All Levels (1:00-2:30)					Judo 6 Open Mat (1:00-3:00)	1:30 - 2:00
2:00 - 2:30				Pedaling for Parkinson's (1:30-3:00)		Feldenkrais 1&2 (1:30-3:00) *4/28 & 5/19*											2:00 - 2:30
2:30 - 3:00																	2:30 - 3:00
3:00 - 3:30								Fencing 1 Beginning all ages (3:00-4:00)					Adult Tap (beg.) (3:00-4:00)				3:00 - 3:30
3:30 - 4:00																	3:30 - 4:00
4:00 - 4:30								Fencing 2 Intermediate all ages (4:00-5:00)					Swing Dance (int.) (4:15-5:15)				4:00 - 4:30
4:30 - 5:00		NIA 1 (4:30-5:30) Megan	Fun with Theater (4:30-5:25)		CHILD CARE												4:30 - 5:00
5:00 - 5:30	TRX 7 (5:15-6:00) Chad							Fencing 3 Advanced (5:00-6:00)									5:00 - 5:30
5:30 - 6:00		Cardio Karate 3 (5:30-6:30) Morris											Ballroom Dance (beg.) (5:30-6:30)				5:30 - 6:00
6:00 - 6:30								Fencing 7 Practice Club (6:00-7:00)									6:00 - 6:30
6:30 - 7:00	Iyengar Yoga 3 Level 1-2 (6:15-7:45) Marly	Karate 5 Advanced (6:30-8:00) Morris			Jujutsu 2 All Levels (6:00-8:00)												6:30 - 7:00
7:00 - 7:30																	7:00 - 7:30
7:30 - 8:00																	7:30 - 8:00
8:00 - 8:30																	8:00 - 8:30
8:30 - 9:00																	8:30 - 9:00
9:00 - 9:30																	9:00 - 9:30
9:30 - 10:00																	9:30 - 10:00
	Class offerings are subject to minimum enrollment					Free Classes in Yellow		Punch Card Eligible	No Registration Necessary		Session Dates : April 22nd - June 9th						