



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Check out the Group Fitness Schedule on our website: [www.rochfamym.org](http://www.rochfamym.org) & become a fan on Facebook

| Monday                                                                 | Tuesday                                                                              | Wednesday                                                                | Thursday                                                                                                                   | Friday                                                                                         |                                                            |
|------------------------------------------------------------------------|--------------------------------------------------------------------------------------|--------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------|------------------------------------------------------------|
| <b>Group Strength</b><br>Jessica W-MPR<br>5:45am-6:30am                | <b>Out side Cycle</b><br>Charly- meet at the front door<br>5:30am-6:30am             | <b>CSI</b><br>Jessica W-MPR<br>5:30am-6:20am                             | <b>Cycle/core</b><br>Jessica W- CycleStudio<br>5:45am-6:45 am                                                              | <b>Zumba@</b><br>Andrea- Balfour<br>5:45am-6:30am<br>starting April 17th                       | <b>KEY</b>                                                 |
|                                                                        | <b>Yoga Mix</b><br>Sara L-Balfour<br>5:45am-6:45am                                   | <b>Gentle Water &amp; Stretch</b><br>Dana-Pool<br>8:00 am-8:45am         | <b>Yoga Mix</b><br>Valerie-Balfour<br>5:45am-6:45am                                                                        |                                                                                                | <b>MPR</b>                                                 |
| <b>Silver Sneakers@ Classic</b><br>Linda G- Balfour<br>8:05am-9:00am   | <b>Silver Sneakers@ Circuit</b><br>Lisa N-Balfour<br>8:05am-9:00am                   | <b>Silver Sneakers@ Classic</b><br>Linda G- Balfour<br>8:05am-9:00am     | <b>Silver Sneakers@ Circuit</b><br>Lisa N-Balfour<br>8:05am-9:00am                                                         | <b>Silver Sneakers@ Classic</b><br>De- Balfour<br>8:05am-9:00am                                | <b>Aquatics</b>                                            |
| <b>Water Works</b><br>Lisa N- Pool<br>9:05am-9:50am                    |                                                                                      | <b>Water Works</b><br>Rotation- Pool<br>check Rotation schedule for time | <b>Water Works</b><br>Tim- Pool<br>9:15am-9:50am                                                                           | <b>Aqua Zumba@</b><br>Mirna- Pool<br>9:15am-10:00am                                            | <b>3rd floor Cycle</b>                                     |
| <b>Zumba@ II</b><br>Robin H-MPR<br>9:15am-10:10 am                     | <b>TurboKick@</b><br>Becky-MPR<br>9:15am-10:10am                                     | <b>Zumba@ II</b><br>Melissa-MPR<br>9:15am-10:10am                        | <b>CSI</b><br>Jessica L-MPR<br>9:15am-10:10am                                                                              | <b>Group Strength</b><br>Sylvia/Jess W-MPR<br>9:15am-10:10 am                                  |                                                            |
| <b>Group Strength</b><br>Pennie-Balfour<br>9:15am-10:10am              | <b>Pilates</b><br>Pennie-Balfour<br>9:15am-10:10am                                   | <b>Group Strength</b><br>Maureen-Balfour<br>9:15am-10:10am               | <b>Belly Dance- Advance Beginner</b><br>9:05-9:55 am<br><b>Belly Dance Choreography</b><br>9:55-10:30 am<br>Rhoda -Balfour | <b>Barre Bliss</b><br>9:15am-10:10 am<br><b>Foam Roller</b><br>10:10am-10:25am<br>Avin-Balfour | <b>Saturday</b>                                            |
|                                                                        | <b>Cycle/Core</b><br>Jessica L- Cycle Studio<br>9:15am-10:10am                       | <b>Hard CORE Challenge</b><br>Maureen- Balfour<br>10:15am-10:30am        |                                                                                                                            | <b>Cycle</b><br>Tamsin- Cycle Studio<br>9:15am-10:10am                                         | <b>Water Works</b><br>Rotate-Pool<br>8:30am-9:25am         |
| <b>Hard CORE Challenge</b><br>Pennie-Balfour<br>10:15am-10:30am        | <b>Power Cut</b><br>Robin F/Lisa N-MPR<br>10:15am-11:10am                            | <b>20-20-20</b><br>Sylvia- MPR<br>10:15am-11:10am                        | <b>Power Cut</b><br>Jen B/Tamsin- MPR<br>10:15am-11:10am                                                                   | <b>Cardio tabata Challenge</b><br>Sylvia/Jess W-MPR<br>10:15am-10:30am                         | <b>Cardio Mix</b><br>Jacque-MPR<br>8:30am-9:25 am          |
| <b>Pilates Challenge</b><br>Maureen-MPR<br>10:15am-10:45am             | <b>Belly Dance</b><br>Rhoda-Balfour<br>10:15am-11:00am                               | <b>Silver Sneakers Tai Chi</b><br>Bonnie- Balfour<br>10:35am-11:30am     |                                                                                                                            | <b>PIYo Strength@</b><br>Becky/Patricia-MPR<br>10:35am-11:30am                                 | <b>Group Strength</b><br>Valerie- MPR<br>9:30am-10:25am    |
| <b>Silver Sneakers@ Circuit</b><br>Robin F- Balfour<br>10:35am-11:30am | <b>Baby and Me Fitness</b><br>Leslie- South Gym<br>11:00am-11:30 am                  |                                                                          | <b>Silver Sneakers@ Classic</b><br>Paula-Balfour<br>10:35am-11:30am                                                        | <b>Family Fitness</b><br>Avin-Balfour<br>10:30am-10:55am                                       |                                                            |
|                                                                        | <b>Qigong Strength, Flexibility and Balance</b><br>Bonnie-Balfour<br>11:05am-12:00pm | <b>Silver Sneakers@ Circuit</b><br>Linda H- Balfour<br>11:35am-12:30pm   |                                                                                                                            |                                                                                                | <b>Cycle</b><br>Lanse -Cycle Studio<br>10:30am-11:15am     |
| <b>Yoga Mix</b><br>Maureen-MPR<br>10:50am-11:45am                      | <b>Tai Chi</b><br>Patrick- MPR<br>11:15am-12:05pm                                    | <b>Yoga</b><br>Patricia-MPR<br>11:15am-12:10pm                           | <b>Yoga</b><br>Patricia-MPR<br>11:15am-11:55am                                                                             | <b>Gentle Stretch Chair Yoga</b><br>Avin-Balfour<br>11:00am-11:45am                            | <b>Yoga</b><br>Colette-MPR<br>10:30am-11:25am              |
|                                                                        | <b>Tai Chi Level 2</b><br>Patrick-Balfour<br>12:10pm-12:55pm                         |                                                                          | <b>Zumba@ I</b><br>Paula-Balfour<br>11:35am-12:20pm                                                                        | <b>Gentle Water &amp; Stretch</b><br>Avin-Pool<br>12:00pm-12:45pm                              |                                                            |
| <b>Tabata Cycle</b><br>Pennie- Cycle Studio<br>12:00pm-12:45pm         | <b>Power Cut</b><br>Pennie-MPR<br>12:10pm-12:55pm                                    |                                                                          | <b>Power Cut</b><br>Lisa N-MPR<br>12:00pm-12:55pm                                                                          | <b>Cycle</b><br>Pennie- Cycle Studio<br>12:00pm-12:45pm                                        | <b>Sunday</b>                                              |
|                                                                        | <b>WOMAN'S ONLY Zumba @</b><br>Amy-MPR<br>1:00pm-1:55pm                              |                                                                          |                                                                                                                            |                                                                                                |                                                            |
| <b>Power Qigong</b><br>Bonnie-Balfour<br>4:30pm-5:25pm                 | <b>Zumba@ II</b><br>Paige-MPR<br>4:30pm-5:25pm                                       | <b>Family Fitness</b><br>Avin-Balfour<br>3:50pm-4:25pm                   |                                                                                                                            | <b>Cardio Dance Choreography</b><br>Katie-MPR<br>4:30pm-5:25pm                                 | <b>Group Strength</b><br>Rotation- MPR<br>12:00pm-12:55 pm |
| <b>Zumba@ II</b><br>Leslie-MPR<br>4:30pm-5:25pm                        | <b>Group Strength</b><br>Patti- Balfour<br>4:35pm-5:25 pm                            |                                                                          | <b>Group Strength</b><br>Patti- MPR<br>4:35pm-5:25 pm                                                                      |                                                                                                | <b>Yoga</b><br>Rotation- MPR<br>1:00pm-1:50 pm             |
| <b>Pilates</b><br>Rotation-Balfour<br>5:30pm-6:25pm                    | <b>20-20-20</b><br>Sylvia-MPR<br>5:45pm-6:25pm                                       | <b>Yoga Mix</b><br>Avin-Balfour<br>4:30pm-5:25pm                         |                                                                                                                            |                                                                                                |                                                            |
| <b>Cardio Complete</b><br>Jacque-MPR<br>5:30pm-6:25pm                  | <b>Yoga Mix</b><br>Patricia-Balfour<br>5:30pm-6:25 pm                                | <b>Barre Bliss</b><br>Avin-Balfour<br>5:30pm-6:15pm                      | <b>Zumba@ II</b><br>Mirna-MPR<br>5:30pm-6:25pm                                                                             |                                                                                                |                                                            |
| <b>Yoga Body Boot Camp</b><br>Cassie-MPR<br>6:30pm-7:25pm              | <b>Power Cut</b><br>Sylvia-MPR<br>6:35pm-7:30pm                                      | <b>Group Strength</b><br>Jacque - MPR<br>5:30pm-6:25pm                   | <b>Yoga Mix</b><br>Patricia-Balfour<br>5:30pm-6:25pm                                                                       |                                                                                                |                                                            |
|                                                                        | <b>Cycle</b><br>Jill -Cycle Studio<br>6:30pm-7:15pm                                  | <b>Cycle</b><br>Lanse -Cycle Studio<br>6:30pm-7:15pm                     |                                                                                                                            |                                                                                                |                                                            |
| <b>Stretch Mix</b><br>Rotation-Balfour<br>6:30pm-7:25pm                | <b>Cardio Mix</b><br>Rotation-Balfour<br>6:30pm-7:25pm                               | <b>Zumba@ II</b><br>Amy-MPR<br>6:30pm-7:25pm                             | <b>Group Strength</b><br>Valerie-MPR<br>6:30pm-7:25pm                                                                      |                                                                                                |                                                            |
| <b>Aqua Zumba@</b><br>Jessica A- Pool<br>6:15pm-7:00pm                 | <b>Water Works</b><br>Dana-Pool<br>7:20pm-8:05 pm<br>starting April 7th              | <b>Deep Water</b><br>Avin-Pool<br>6:35pm- 7:15 pm                        |                                                                                                                            |                                                                                                |                                                            |

If you have any questions regarding our group fitness classes,  
please contact Pennie at 507-287-2260 ext 1042 or e-mail at pennie@rochfamym.org



**Group Fitness Schedule**  
**April 6th-June 8th,**  
**2015**