

CHILD CARE

CHILDREN'S CENTER 6 Weeks-5 Years Old

MON - FRI.....7:30 AM-1:00 PM
MON - THU.....3:50 PM-8:00 PM
SAT.....7:50 AM-1:00 PM
SUN.....CLOSED

YOUTH CENTER 6-13 Years Old

MON - THU.....3:50 PM-8:00 PM
SAT.....7:50 AM-1:00 PM
SUN.....CLOSED
When schools are closed, the Youth Center will be open 7:30 AM - 1:00 PM as well as regularly scheduled hours.

YOGA









Teen Workshop MAR 4

Beginner Yoga Series MAR 11-25

Register at Sales & Service desk.

GROUP EXERCISE GUIDELINES

-  Please wear appropriate clothing (no midriff bearing shirts) and closed-toed, athletic shoes. Shoes will be removed for Mind + Body classes.
-  Please bring your own yoga mat, water and towel. Wipe down and return equipment after use.
-  Please be on time for class and avoid leaving early. Late entry is not permitted in Mind + Body classes. Instructors are concerned for your safety. Please follow their lead and cues.
-  Thank you for refraining from using profane, abusive or offensive language and not using your cell phone.
-  Due to popularity, tags are required to participate in some mind body classes. Classes are marked on the schedule. Tags are available 30 minutes before the class starts. One pass per member. Cycle bikes are first-come, first-served and there is a minimum height requirement of 4'10" to ensure a proper fit.
-  Children with a Green Band (12+) are welcome. Ages 12-13 must be accompanied by an adult. Exception: Family classes are ages 10+, no band required but must be accompanied by an adult.

	SATURDAY	SUNDAY
8:00-8:55	Cycle (C) Cardio Strength (2) Yoga (Y) # Water Fitness (P)	CLASS LOCATION KEY Cycle Studio = (C) Outdoors = (O) Yoga Studio = (Y) Room 1 = (1) Room 2 = (2) Pool = (P)
9:00-9:55	Outdoor Cycle-Anne Marie (O) Step (1) Pure Resistance (2) Pilates (Y)	
10:00-10:55	Cycle (C) Zumba Gold-Carol Ann (1) Dance (2) Beginner Yoga (Y) #	
11:00-11:55	Basic Step (1) Strength Train/Defend (2)	CLASS INTENSITY KEY LIGHT MODERATE HIGH # = Tag Required
11:00-12:15	Hot Yoga (Y) #	
1:00-1:55	Weekend instructor rotations will be posted on 	Cycle (C) Family Pilates (1) Strength Train/Defend (2)
1:00-2:15		Hot Yoga (Y) #
2:00-2:55		Step (1) Cardio Strength (2)
3:00-3:55	Cycle-Joe (C)	Cycle Fusion (C/1) Pure Resistance (2)
4:00-4:55	and the Group Exercise Hotline 704 716 4219 on Friday evening.	Family Dance (2)
4:00-5:15		Yoga (Y) #



SISKEY YMCA GROUP EXERCISE March 2017

Branch Phone: 704 716 4200
Substitute Hotline: 704 716 4219
ymcacharlotte.org/class-schedule

Group Exercise Director:
Linda McAfee | Linda.McAfee@ymcacharlotte.org
 facebook.com/SiskeyYMCA  [@SiskeyYMCA](https://twitter.com/SiskeyYMCA)

CHECK OUT WHAT IS NEW!

- **SPORTS PERFORMANCE TRAINING (12-17 years old) >>**
Tuesdays and Thursdays | 5:30 PM -6:30 PM | Members: \$45/month
- **YOUTH PROGRAMS >> GROUNDED YOGA WORKSHOP** (Thursdays) , **ENDURANCE TRAINING** (Saturdays) and **YOUTH FIT CLUB** (Sundays) | \$30/month or \$9/class
- **PARENTS' NIGHT OUT >>** MAR 3 and 18 | 6:15-10:00PM | Members: \$20
- **TEEN ANXIETY & STRESS YOGA WORKSHOP >>** MAR 4 | 1:00-3:30 PM | Yoga Studio | Members: \$30
- **RIG CLINICS >>** MAR 6 & 20 | 10:30 AM | FREE-Register in Fitness Center
- **MARCH IS NUTRITION MONTH! - Meet the Dietitian >>** MAR 8, 14 & 24 | Times Vary
- **GOLF FITNESS & TOURNAMENT >>** MAR 9-30 | 2:00-4:00 PM | Members & Non Members: \$65 | See Fitness Center or Front Desk for more information!
- **4th/5th GRADE NIGHT >>** MAR 11 | 7:00-10:30 PM | Members & Non Members: \$8
- **BEGINNER YOGA SERIES >>** MAR 11, 18 & 25 | 1:00 - 2:30 PM | Yoga Studio | Members: \$45
- **KIDS LOCK IN >>** APR 14 (6:15PM) to APR 15 (8:00AM) | \$40/member

NEW ON SUNDAYS:

Family Fit Time | 1:00-5:00PM | FREE to members. Open to all ages, but must attend with a parent.

Family Pilates | 1:00 PM | Open to ages 10+ with a parent.

Family Dance | 4:00 PM | Open to ages 10+ with a parent.

ONGOING REGISTRATION OPEN FOR:

- Circuit Training: MON-FRI | 10:30-11:00AM | \$10/session
- Bootcamp: SATURDAYS | 9:00-10:00 AM | \$12/session
- Functional Training: MON-FRI | 6:30-7:30 AM and 6:30 PM-7:30 PM
- Summer Camp, Preschool, Sports
- Youth Programs: Tumbling, Fitness Classes, Bible Club and more!

MARCH GROUP EXERCISE SCHEDULE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:35-6:30	Cycle-Heather (C) Pure Resistance-Christa (2)	Cycle Fusion-Angela C. (C) Pure Resistance-Tracy (2) Ultimate Conditioning-Nicole (G)	Cycle-Christa (C) Cardio Strength-Heather (2)	Cycle-Kerry (C) Pure Resistance-Nicole (2) Ultimate Conditioning-Heather (G)	Cycle Fusion - Tracy (C) Cardio Strength-Brenda (2) Yoga Fusion-Amber Seb. (Y)
6:30-7:25	Yoga for Athletes-Sara J. (Y)	Pilates-Alex (Y)			
6:35-6:45	Core-Heather (1)				
7:00-7:55		Therapeutic Yoga-Debby (Y)		Run Interval-Melonie (O) Gentle Yoga-Lee Ann (Y)	Gentle Yoga-Mary Lou (Y)
7:15-8:00	Cycle -Sue (C)	Pure Resistance- Carissa (2) Yoga Fusion-Beth (Y)	Cycle Fusion- Diane (C)- ends at 8:15		Cycle -Tricia (C)
7:30-8:20		Challenge Cycle-Janie (C)	Cardio Strength-Kristy (2)	Virtual Cycle-Michele FM (C)	Pure Resistance-Janie (2)
8:00-8:55	Pure Resistance-Janie (2)	Yoga-Greg (Y) #	Yoga-Debby (Y) #		Pilates-Liz J. (Y)
8:00-9:00		Ultimate Conditioning-Carissa (G) Cardio Dance-Emily (2) Full Body Fitness-Virginia (P)	Pilates-Joelle (1) Full Body Fitness-Lisa (P)	Ultimate Conditioning-Amy (G) Yoga-Lisa C. (1) Pure Resistance-Emily (2) Full Body Fitness-Esther (P)	Ultimate Conditioning-Monica (G) Step-Jaimee (1) - ends at 9:00 Full Body Fitness-Lisa (P)
8:15-9:20		Hot Yoga-Beth (Y) #		Hot Yoga-Kellen (Y) #	
8:25-9:20		Basic Step-Maria H. (1)	Stronger- Carissa (2)	Outdoor Cycle-Anne Marie (O)	Cardio Strength-Diane (2)
9:00-9:55	Cardio Strength-Charity (2)		Beginner Yoga-Lisa C. (Y) #		Yoga-Debby (Y) #
9:05-10:05	Hot Yoga-Kacy (Y) #		Barre Fusion-Heidi (1) Cycle-Anne Marie (C) Aquatic Blast-Lynn (P)	Step-Susan H. (1) Cardio Strength-Jaimee (2) Aquatic Blast-Lynn (P)	Cycle-Kerry (C) Beginner Yoga-Katie N. (1) Aquatic Blast-Pat (P)
9:15-10:25	Ultimate Conditioning-Kristy (G) Cycle-Diane (C) Beginner Yoga-Donna(1) Aquatic Blast-Pat (P)	Insanity/Cardio Strength-Michelle C. (2) Aquatic Blast-Pat (P)	Ultimate Conditioning-Kristy (G)		
9:15-10:25		Run-Diane (O)			
9:30-10:25		Pilates-Kathy (Y)		Beginner Pilates-Liz J. (Y)	
10:00-10:55	Zumba-Irina (2)	Step-Susan H. (1)	Cardio Funk-Irina (2)		Strength Train Together-Anne Marie (2)
10:15-11:10	Step-Susan H. (1) Water Fitness Lite-Pat (P)	Strength Train Together- Cassie (2) Water Stretch-Christina (P)	Water Fitness Lite-Pat (P)	Zumba-Maria G. (2) Hydro Fit-Marion (P) Barre Fusion-Kathy (1)	Barre Fusion-Kerry (1) Water Fitness Lite-Christina (P)
10:15-11:15	Beginner Pilates-Kathy (Y)		Mindfulness Yoga-Liz B. (Y) #		Power Yoga-Beth H. (Y) #
10:30-11:15		Senior Tai Chi-Anne Marie (Y)		Tai Chi-Ioana (Y)	
11:00-11:55	Strength Train Together-Maria G. (2)		Cardio Dance - Linda Ma. (1) Pure Resistance-Sylvia (2)	Outdoor Beginner Ride-Anne Marie (O)	Cardio Dance-Marina (2)
11:05-11:50	Water Fitness Lite-Christina (P)	Water Arthritis-Diane (P)	Water Fitness Lite-Pat (P)	Water Arthritis-Diane (P)	Water Fitness Lite-Christina (P)
11:15-12:10		Defend Together- Maria G. (2)		Strength Train Together-Linda Mc. (2)	
11:20-12:20	Power Yoga-QiQi (Y) # Chair Fitness-Mur (1)	Yoga-Debby (1) Pre/Post Natal Yoga-Amy D. (Y)	Hot Yoga-Celeste R. (Y) #	Defend Together- Vani (1) Yoga-Kristy (Y) #	Senior Tai Chi-Rotation (Y) Basic Step - Vani (1) Pre/Post Natal Step-Vani (1)
12:00-1:00	Cardio Strength for Seniors-Donna (2)	Cycle Fusion-Sherry (C)	Pure Resistance for Seniors-Sylvia (2)	Cycle Fusion-Allyson (C)	Cardio Strength 101-Maria G. (2)
12:00-12:45	Cycle-Diane (C)	Water Arthritis-Diane (P)	Virtual Cycle-Michele FM. (C)	Water Arthritis-Diane (P)	Virtual Cycle-Michele FM. (C)
12:15-1:00		Cardio Strength 101-Linda Mc (2)		Latin Dance-Sheila (2)	
12:25-1:20	Gentle Yoga-Vonnie (Y)	Gentle Yoga-Vonnie (Y)	Beginner Pilates- Vonnie (Y)	Gentle Yoga-Vonnie (Y)	
1:30-2:25	Tai Chi- Ioana (Y)		Senior Tai Chi-Carole (Y)		
3:30-4:30		Beginner Yoga-Mur(Y)			
4:00-4:45	Cycle-Jaimee (C)	Cycle-Joe (C)		Cycle-Joe (C)	
4:30-5:30		Intro to Running for Adults (O)		Intro to Running for Adults (O)	
4:35-5:35	Hot Yoga-Amy D. (Y) #	Pilates Fusion-Mur (Y)	Yoga for Athletes-Beth H. (Y) #	Yoga-Paul (Y) #	
4:45-5:40	Cardio Strength-Kelly (2)	Pure Resistance-Anne Marie (2) Advanced Step-Jen (1)	Cardio Strength-Katie D. (2)	Cardio Strength-Janay (2)	
5:00-5:55	Cycle-Tricia (C)	Challenge Cycle-Janie (C)			
5:45-6:40	Ultimate Conditioning-Lucy (1) Strength Train Together-Cara (2) Mindfulness Yoga-Maureen (Y) - (starts at 5:40pm) #	Zumba Gold -Carol Ann (1) Ultimate Conditioning-Lucy (2)	Barre Fusion-Kathy (1) Pure Resistance-Michelle C. (2)	Cardio Dance-Marina (2)	
6:00-6:55		Cycle-Kerry (C)		Cycle-Kerry (C)	
6:45-7:40	Cycle-Jill (C) Barre Fusion-Kerry (1) Cardio Funk-Stacey (2) Power Yoga-Amber Sev. (Y)	Defend Together-Maria G. (1) Cardio Funk-Lori (2) Yoga-Kellen (Y) #	Cycle-Ryan (C) Defend Together - Jaimee (1) Zumba-Maria G. (2) Hot Yoga-Beth H (Y) #	Strength Train Together-Cara (2) Hot Yoga- Tori (Y) #	
7:00-7:50	Water Fitness-Rotation (P)	Water Fitness-Rotation (P)		Water Fitness-Julie (P)	
7:45-8:40	Interval Training-Irina (2)	Cardio Dance-Irina (2)	Cardio Funk-M. Carter (2)	Gentle Yoga-Katrina (Y) #	
7:50-9:00	Therapeutic Yoga-Liz B. (Y) #	Hot Yoga - Sara J. (Y) #	Yoga-Ken (Y) #	Cycle - Cara (C) ends at 8:30pm	

CLASS LOCATION KEY

Cycle Studio = (C)
Yoga Studio= (Y)
Gym = (G)
Room 1 = (1)
Room 2 = (2)
Outdoor = (O)
Pool = (P)

CLASS INTENSITY KEY

LIGHT
MODERATE
HIGH

= Tag Required

PLEASE SEE THE BACK PAGE FOR THE WEEKEND SCHEDULE
 CLASS DESCRIPTIONS ARE AVAILABLE >> ymcacharlotte.org/class-schedule