

Winter

FITNESS SCHEDULE

2010

Monday

Class	TIME	INSTRUCTOR
Step/Aerobics/Core	9:00-10:00 am	Olivia
Yoga	10:30-11:45 am	Jaki
Silver Sneakers	1:00-2:00 pm	Rosie
Cardio Boxing	6:00-7:00-pm	Juan

Tuesday

Class	TIME	INSTRUCTOR
Zumba	8:30-9:30am	Olivia
Core and More	9:30-10:30am	Carolyn
Arthritis Foundation Aquatics Exercise	11:00am-12:00pm	Carolyn

Wednesday

Class	TIME	INSTRUCTOR
Water Exercise	8:00-9:00 am	Carolyn
Fun & Fit (Bi-Lingual Class)	8:30-9:30am	Olivia
Pilates Mat Class	9:30-10:30 am	Carolyn
Pilates Mat Class	6:30-7:30 pm	Carolyn

Thursday

Class	TIME	INSTRUCTOR
** Cardio Pump	9:15-10:15 am	Rosie
Yoga	10:30-11:45 am	Jaki
Silver Sneakers	1:00-2:00 pm	Rosie
Arthritis Foundation Aquatics Exercise	11:00am-12:00pm	Carolyn

Friday

Class	TIME	INSTRUCTOR
Water Exercise	8:00-9:00 am	Carolyn
Total Body Workout	8:30-9:30 am	Rosie
Cycle Chat	9:45 -10:30 am	Rosie
Pilates Mat Class	10:30-11:30 am	Carolyn

Saturday

Class	TIME	INSTRUCTOR
Cardio Box	9:00-10:00 am	Mike

Sunday

Class	TIME	INSTRUCTOR
Muscle Strength and Core	8:30-9:30 am	Olivia/Rosie
Pilates Mat Class	9:30-10:30 am	Carolyn

**** These Classes are free to our YMCA Members
 All other classes require a Health and Fitness Pass or a Paid Receipt.
 All classes are subject to change or to be removed from the schedule prior notice.**