

8:00-9:00pm
PILATES
 w/Erin D.S.

Body Blitz meets 2x per wk for 30 minutes \$85
 Muscle Fitness meets 1x per wk 60 minutes
 Fees: Full: \$65 Program: \$95
 Please see program directory for class descriptions. Program meets in Fitness Center.

ADULT FITNESS John Borromeo x177 johnb@ymcali.org

CLASS	MON	TUES	WED	THURS	FRI	SAT
BODY BLITZ	10:00-10:30am	3:30-4:00pm 7:00-7:30pm	10:00-10:30am	3:30-4:00pm 7:00-7:30pm		
MUSCLE FITNESS	7:00-8:00pm	10:00-11:00am	7:00-8:00pm	10:00-11:00am		

YOUTH HEALTH AND FITNESS John Borromeo x177 johnb@ymcali.org

FREE!
 Registration
 Required.
 Space is limited.

CLASS	MON	TUES	WED	THURS	FRI	SAT
Fitness All Stars (Ages 7-9)	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		10:00-11:00am
Fit Kids I (Ages 10-12)	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm	4:00-5:00pm		11:00-12:00pm
Teens in Training (Ages 13+)	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm	5:00-6:00pm		

Prog. meet 1x/wk for 8 wks in Fit. Ctr.
 Fee: Full: **FREE**
 Program: \$65
 *10% off 2nd class.
 See pg. 10 in Directory for reg. info.