

FITNESS SCHEDULE

Winter: February 8 - April 18, 2010 / Spring: April 19 – June 27, 2010

MON	TUES	WED	THURS	FRI	SAT	SUN
7:00-8:00am Open Gym	8:00-9:00am Open Gym	7:00-8:00am Open Gym	8:00-9:00am Open Gym	7:00-8:00am Open Gym		
8:00-8:45am Cycle	7:00-7:45am Y's Way to Fitness	7:00-7:45am Cycle	7:00-7:45am Y's Way to Fitness	8:00-9:00am Body Shaping	7:00-7:45am Y's Way to Fitness	
8:00-9:00am Y's Way to Fitness	8:15am Zumba	8:00-9:00am Body Shaping	9:15-10:15am Fit Workout 2	8:00-9:00am Y's Way to Fitness	7:30-8:30am Cycle	Sunday Winter Workout Schedule To Be Announced
8:00-9:00am Body Shaping	9:15-10:15am Fit Workout 2	8:00-9:00am Cycle	9:30-10:30am Cycle	8:00-9:00am Cycle	8:00-9:00am Body Shaping	
9:15-10:15am Body Shaping	9:30-10:30am Cycle	8:00-9:00am Y's Way to Fitness	9:45am Zumba	9:15-10:15am Body Shaping	8:30-9:30am Cycle	
9:15-10:15am Step & Sculpt	9:30-10:30am Step & Sculpt	9:15-10:15am Body Shaping	10:30-11:30am Tai Chi	9:30-10:30am Cycle	8:30-10:00am Step Challenge	
10:15-11:15am Fit Workout 1	10:45-11:30am Stability Ball Workout	9:15-10:15am Total Body Conditioning	10:45-11:30am Stability Ball Workout	10:15-11:15am Kickbox Challenge	9:00-10:00am Total Body Conditioning	
10:15-11:15am Kickbox Challenge	12:00-1:00pm *Silver Sneakers*	10:15-11:15am Fit Workout 1	11:30-12:15pm Stroller Aerobics	10:30-11:30am Fit Workout 1		
11:20-12:10pm Y's Way to Fitness	5:15-6:15pm Body Shaping	10:15-11:15 Fit Workout 2	5:15-6:15pm Body Shaping	11:20-12:10pm Y's Way to Fitness		
6:15-7:15pm Body Shaping	6:30-8:00pm Super Cycle	11:20-12:10pm Y's Way to Fitness	7:00pm Zumba	11:45 – 12:45 *Silver Sneakers*		
6:30-7:30pm Tai Chi	7:00-8:00pm Boot Camp	6:30-7:30pm Cycle'ilates	7:00-8:00pm Cycle			
7:15-8:15pm Body Shaping		7:15-8:15pm Body Shaping				
7:15-8:15pm Step & Sculpt		7:15-8:15pm Step & Sculpt				
7:30-8:30pm Cycle						

**New Evening
Babysitting Hours**
Tuesday & Thursday
5:00-8:00pm

*** SILVER SNEAKERS is a seated class designed for adults working on strength, flexibility and balance.

CLASS	MON	TUES	WED	THURS	FRI	SAT
LIFE STYLE PROGRAMS						
Group Fit	GROUP FIT Small group personal training with max of 6. Learn proper form, technique and various training philosophies. Train effectively to achieve personal goals. HEC Gym/Studio		9:30-10:30am	8:00-9:00am 6:30-7:30pm	** IYENGAR YOGA Participants are asked to bring the following; Sticky mat, 2 full size foam blocks, a 9 ft yoga strap, & 3 sturdy blankets. For more information contact Tina at ext 133.	
Group Fit Seniors				11:45-12:45pm		
Yoga	9:00-10:30am**	6:15-7:15pm		9:00-10:30am** 6:00-7:00pm	9:00-10:30am**	8:15-9:15am
Race Training			9:30-11:15am		9:30-11:15am	
Blend Yoga/Pilates	IMX - Pilates Matwork 10:30- 11:30am	Blend 10:15-11:15am		IMX - Pilates Matwork 10:30- 11:30am		
YOUTH PROGRAMS						
Youth Fitness			Fit Kids 5:45-6:30pm	Youth Yoga 4:30-5:15pm		

Healthier Tomorrows is a pediatric weight management program. For more information contact Tina at ext 133.

Fitness Lifestyle Programs

Fees: For 10 week session / 1x per wk Membership +

Fit Kids/Yoga
IMX Pilates/Blend

\$65
\$75

Yoga
Race Training

\$85
\$65

Group Fit
Group Fit Seniors

\$66
\$66

All other programs are included in Full Facility Membership. Program Members Fee: \$10/class (other than Lifestyle). See pgs. 10-12 in the directory for info.