



HEALTH ENHANCEMENT SCHEDULE

MONDAY	8:30-9:15am - Lovely Legs, Butt (a.k.a. Brazilian Butt) with Rosie <u>*9:30-10:15am - Sweat and Sculpt with /Rosie</u> 10:30-11:45am - Healing Yoga with Jaki 1:00-2:00pm - Silver Sneakers I with Rosie <u>*5:30-6:30pm - Ellen's Well Cancer Survivor Water Ex with Barbara</u> <u>*6:00-7:00pm - Cardio Boxing with Juan/Mike</u>
TUESDAY	8:30-9:25am - F.I.T. – with Jacqui 9:30-10:30am - Fit Ball with Carolyn 11:00-12:00pm - Arthritis Foundation Water Exercise with Carolyn 5:30-6:30pm - The “Spin Cycle with Tim/Tennille/Carrie
WEDNESDAY	8:00-9:00am - Water Exercise with Barbara 9:30-10:30am – Zumba with Rosie 10:30-11:30am - Pilates Mat Class with Carolyn 7:00-8:00pm - ZUMBA with Kathy
THURSDAY	<u>*8:30-9:30am Lovely Legs part II – with Rosie</u> 9:30-10:30am - F.I.T – with Jacqui 10:30-11:45am - Healing Yoga with Jaki 11:00-12:00pm - Arthritis Foundation Water Exercise 1:00-2:00pm - Silver Sneakers I with Rosie 5:30-6:30pm - The “Spin Cycle” with Tim/Tennille/Carrie
FRIDAY	8:00-9:15am - Indoor Cycling/Core with Rosie 8:00-9:00am - Water Exercise with Barbara 10:30-11:30am - Pilates Mat Class with Carolyn 11:45-12:45pm - Tai Chi for Health with Carolyn
SATURDAY	<u>*9:30-10:30am - Cardio Boxing with Mike/Juan</u>
SUNDAY	8:30-9:30am - ZUMBA with Jaqui 10:30-11:30am - Pilates Mat Class with Carolyn. (3/25/12-5/20/12) 11:30am-12:30pm - Men's Stretch (alternating Sundays) 11:30am-12:30pm - Ladies' Stretch (alternating Sundays)

Classes included in YMCA memberships are marked with (*).

5 CLASSES ARE INCLUDED WITH YOUR YMCA MEMBERSHIP

Updated 3/21/12