

Summer 1 Aerobic Schedule June 1st-July 12th, 2009 revised 5/18/09

YMCA Mission: "To put Christian principles into practice through programs that build healthy spirit, mind, and body for all".

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-6:15A (G) Boot Camp Michele		5:15-6:15A (G) Boot Camp Michele		5:15-6:15A (G) Boot Camp Michele		
5:30-6:30A (C) Cycle Bobbie B	5:30-6:30A (C) Cycle Dave		5:30-6:30A (C) Cycle Bobbie B	5:30-6:30A (C) Cycle Kristen/Gloria	★ 8-9:30A (M) Yoga-Beginner Maury	
8:00-9:25A (A) Cardio-Sculpt Nancy	8:00-9:00A (A) Fitness Express Renee	8:00-9:25A (A) Weight Training Kim	8:00-9:00A (A) Fitness Express Renee	8:00-9:00A (A) Cardio-Sculpt Nathalie	★ 8:30-9:30A (G) Taekwondo-Beg Chuck	
8:15-9:15A (C) Cycle Gloria	8:30-9:25A (M) Healthy Moves Nathalie	8:15-9:15A (C) Cycle Gloria	8:00-8:55A (M) Healthy Moves Nathalie		8:15-9:15A (C) Cycle Gloria	
	9:00-9:25A (A) Stretch for Health Renee	9:30-10:30A (A) 50/50 (cardio/strength) Ashley	9:00-9:25A (A) Stretch for Health Renee	9:15-10:15A (A) Contact-Kickbox Kristy	★ 8:30-9:30A (G) Judo-All Levels Dan	
9:30-10:25A (A) Healthy Moves Nathalie	9:30-10:25A (A) YEASE Jim	9:30-10:30A (C) Cycle Bobbie H	★ 9-10A (M) Pilates-Beginner Julia		★ 9:30-11 A (G) Taekwondo-Inter Chuck	
9:30-10:30A (C) Cycle Bobbie H	★ 9:30-10:30A (M) Pilates-Beginner Ulrikee	10:30-11:30A (M) Healthy Moves Nathalie	9:30-10:30A (A) YEASE Jim	9:30-10:30A (C) Cycle Bobbie H	9:30-11A (A) Cardio-Sculpt Rotating Instructors	
10:30-11:30A (A) Women on Weights Denny		10:30-11:15A (A) Weight Training Ashley	★ 10:05-11:05A (M) Pilates-Advanced Julia	10:30-11:30A (A) WOW Denny	★ 10-11:30A (M) YogaLates-Adv Maury	
11:40-12:10P (A) Corporate Express Carla	11:30-12:15P (A) Corporate Express Carla	11:15-12:15P (A) WOW Denny	11:30-12:15P (A) Corporate Express Carla		11:05-12:05P (A) Bootcamp Denny	
11:30-12:15P (C) Cycle Hilarie		11:30-12:15P (C) Cycle Hilarie		11:30-12:15P (C) Cycle Hilarie		
12:10-12:25P (A) Core Training Carla	12:30-1:30P (A) Healthy Moves Marlene		12:30-1:30P (A) Healthy Moves Marlene	12:30-1:15P (A) SilverSneakers Nathalie	3:00-4:00P (A) Tai-Chi Violet	
12:30-1:15P (A) SilverSneakers Nathalie		12:30-1:15P (A) SilverSneakers Nathalie				
1:30-2:30P (A) 55 + Strength Training Denny		1:30-2:15P (A) Stretch for Health Carla				
5:30-6:00P (A) Core Training Jason	4:45-5:45P (A) WOW Denny		4:30-5:25P (A) WOW Denny			
5:30-6:30P (C) Cycle Crissy	★ 5:30-6:30P (M) Yoga-Beg/Interm Maury	5:30-6:30P (A) Contact-Kickbox Bonnie	★ 5:30-6:30P (M) Yoga-Beg/Int Maury	5:30-6:30P (C) Cycle Kristen/Ulrikee		
6:00-6:25P (A) Weight Training Jason	6:00-6:55P (A) 20/20/20 Julie	5:30-6:30P (C) Cycle Crissy	5:30-6:45P (A) Cardio-Sculpt Jason	5:30-6:30P (A) Weight Training Julia		
★ 6:00-7:00P (M) YogaLates-Basic Maury	★ 6:35-8:05P (M) Yoga-Advanced Maury	★ 5:45-7:15PM (M) YogaLates-Inter Maury	6:00-7:00P (C) Cycle Dave	★ 6-7:30P (M) Yoga-Int/Adv Maury		
6:30-7:25P (A) Step Gayle	★ 7:00-8:30P (G) Taekwondo-Adv Chuck	6:35-7:35P (A) Step Sheri	★ 6:35-8:05P (M) Yoga-Advanced Maury			
6:45-7:45P (C) Cycle Dixie	7:00-8:00P (A) SlowLift Denny	6:45-7:45P (C) Cycle Dixie	6:50-7:50P (A) Zumba Sheri	★ 7-8 P (A) Ballroom Dancing Don/Kathy		

★ **Fee Based**
Register at service center

A= Aerobic Room
C= Cycling Room
M= Multi-purpose
G= Gym
See back for class descriptions

Cycling Introduction Classes & Sub Max Testing-Last Week of Each Month
Thursday 11:45A-2:15P(Bobbie H)

Also speak with your instructor directly. Groups can be coordinated for sub max testing

Registration at Service Center is Required. Minimum of 3 to run class.