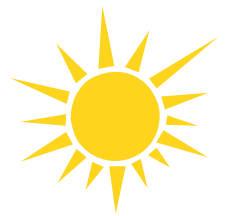




YHEALTH & FITNESS™



SUMMER 2010 East YMCA Fitness Classes June 14 - August 22

FREE Member Classes are in bold. *Classes with a fee are in italic.* (Class length in parenthesis)

Underlined classes are geared toward older adults.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	Get Up N' Go <i>Activities Room (45)</i>	Strength Fusion <i>Activities Room (60)</i>	Get Up N' Go <i>Activities Room (60)</i>	Strength Fusion <i>Activities Room (60)</i>	Get Up N' Go <i>Activities Room (45)</i>		
6:15 am	Crunch Express <i>Activities Room (30)</i>				Crunch Express <i>Activities Room (30)</i>		
8:15 am	Step/Drum <i>Activities Room (60)</i>		Step <i>Activities Room (60)</i>		Zumba® <i>Activities Room (55)</i>		
					<i>Yogalates Studio (60)</i>		
8:30 am		20/20/20 <i>Activities Room (60)</i>		20/20/20 <i>Activities Room (60)</i>		Step/Sculpt <i>Activities Room (60)</i>	
9:15 am				<i>Super Circuit Workout LSC (60)</i>			
9:20 am	Hi/Low <i>Activities Room (60)</i>		Hi/Low <i>Activities Room (60)</i>		Hi/Low <i>Activities Room (60)</i>		
9:40 am		<i>Pilates Studio (45)</i>		<i>Pilates Studio (45)</i>			
9:45 am						Strength Fusion <i>Activities Room (45)</i>	
10:00 am						<i>Youth Circuit LSC (45)</i>	
10:30 am	<i>Yoga Studio (75)</i>		<i>Yoga Studio (75)</i>				
12:05 pm		Power Pump <i>Activities Room (45)</i>		Strength Fusion <i>Activities Room (45)</i>			
1:45 pm		SilverSneakers® <i>Activities Room (45)</i>		SilverSneakers® <i>Activities Room (45)</i>			
3:00 pm							Power Pump <i>Activities Room (60)</i>
4:30 pm				Drums Alive® <i>Activities Room (45)</i>			
4:35 pm	Cardio Boot Camp <i>Field (45)</i>		Cardio Boot Camp <i>Field (45)</i>				
5:30 pm	Power Pump <i>Activities Room (45)</i>	20-20-20 <i>Activities Room (55)</i>	Power Pump <i>Activities Room (45)</i>	Strength Fusion <i>Activities Room (45)</i>			
6:00 pm	<i>Yogalates Studio (60)</i>		<i>Yoga Studio (60)</i>				
6:30 pm	Zumba® <i>Activities Room (55)</i>	Strength Fusion <i>Activities Room (45)</i>	Zumba® <i>Activities Room (55)</i>	Zumba® <i>Activities Room (55)</i>			

GROUP CYCLING

SUMMER 2009 East YMCA Cycling Schedule June 14 - August 22

Classes with a fee are in italic. (Class length in parenthesis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am		<i>Group Cycle GC Studio (60)</i>		<i>Group Cycle GC Studio (60)</i>			
8:30 am						<i>Cycle Challenge CG Studio (60)</i>	
9:00 am			<i>Group Cycle GC Studio (45)</i>				
4:30 pm		<i>Group Cycle GC Studio (45)</i>		<i>Group Cycle GC Studio (45)</i>			

WATER FITNESS

SUMMER 2009 East YMCA Water Fitness Schedule June 14 - August 22

FREE Member Classes are in bold. (Class length in parenthesis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 am	Water Exercise <i>Pool (45)</i>		Water Exercise <i>Pool (45)</i>		Water Exercise <i>Pool (45)</i>		
9:45 am	Water Aerobics <i>Pool (60)</i>		Water Aerobics <i>Pool (60)</i>		Water Aerobics <i>Pool (60)</i>	Water Aerobics <i>Pool (60)</i>	
2:00 pm	Water Volleyball <i>Pool (60)</i>		Water Volleyball <i>Pool (60)</i>		Water Volleyball <i>Pool (60)</i>		
2:45 pm		Gentle Water Ex. <i>Pool (45)</i>		Gentle Water Ex. <i>Pool (45)</i>			
6:30 pm	Deep Water Workout <i>Pool (30)</i>			Deep Water Workout <i>Pool (30)</i>			
7:00 pm	Aqua Zumba® <i>Pool (60)</i>		Water Aerobics <i>Pool (60)</i>	Water Aerobics <i>Pool (60)</i>			