

YHEALTH & FITNESS™

FALL | 2009 West YMCA Fitness Classes • September 7 - October 25

FREE Member Classes are in bold. Underlined Classes are appropriate for Older Adults. Classes with a fee are in italic. (Class length in parenthesis)

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	Step Family Gym (60)	Power Pump Family Gym (60)	Step Family Gym (60)	Power Pump Family Gym (60)	Step Family Gym (60)		
	<i>Group Cycle</i> Studio (40)	<i>6:15 Pilates</i> Studio (45)	<i>Group Cycle</i> Studio (40)	<i>6:15 Pilates</i> Studio (45)			
7:30 am	Low Impact Family Gym (55)		Low Impact Family Gym (55)				
7:45 am	<i>Pilates Continued</i> Studio (45)	<i>Pilates</i> Studio (45)	<i>Pilates Continued</i> Studio (45)	<i>Pilates</i> Studio (45)	Silver Stretch Family Gym (45)		
8:00 am						<i>Cycle Challenge</i> Studio (60)	
8:30 am	Zumba Family Gym (45)	Power Pump Family Gym (55)	Turbo Kick Family Gym (45)	Power Pump Family Gym (55)	Zumba Family Gym (45)		
	Water Aerobics Pool (60)		Water Aerobics Pool (60)		Water Aerobics Pool (60)		
8:45 am		<i>Yogalates</i> Studio (45)		<i>Yogalates</i> Studio (45)	<i>Yoga Flow</i> Studio (60)	Step Family Gym (75)	
9:00 am	<i>Circuit</i> LSC (60)		<i>Circuit</i> LSC (60)			<i>Yogalates</i> Studio (45)	
9:30 am	Power Pump Family Gym (55)	Step Family Gym (55)	Power Pump Family Gym (55)	Step Family Gym (55)	Step/Sculpt Family Gym (60)		
9:45 am		<i>Group Cycle</i> Studio (40)		<i>Group Cycle</i> Studio (40)			
10:00 am						TurboKick Family Gym (60)	
10:30 am	<i>Trekking</i> LSC (45)		<i>Trekking</i> LSC (45)				
10:45 am	SilverSneakers® <i>Muscle Strength</i> Family Gym (45)	Gentle Water Pool (45)	SilverSneakers® <i>Muscle Strength</i> Family Gym (45)	Gentle Water Pool (45)	SilverSneakers® <i>Yogastretch</i> Family Gym (45)		
		Zumba Gold Family Gym (45)		Zumba Gold Family Gym (45)			
11:00 am			<i>Yoga Flow</i> Studio (60)				Family Recess Family Gym (45)
12:15 pm		Cardio Boot Camp Family Gym (45)	Recess Family Gym (45)	Cardio Boot Camp Family Gym (45)	Recess Family Gym (45)		
	<i>Group Cycle</i> Studio (40)		<i>Group Cycle</i> Studio (40)				
3:00 pm							<i>Youth Circuit</i> LSC (45)
4:00 pm			YKidzFit Family Gym (45)				Zumba Family Gym (45)
5:00 pm							<i>Yoga</i> Studio (60)
							<i>Lose to Win Challenge</i> Family Gym
5:15 pm		<i>Super Circuit Boot Camp</i> Family Gym (45)		<i>Super Circuit Boot Camp</i> Family Gym (45)			
5:40 pm	<i>Group Cycle</i> Studio (40)		<i>Group Cycle</i> Studio (40)				
5:45 pm	Power Pump Family Gym (55)	<i>Pilates</i> Studio (45)	Power Pump Family Gym (55)	<i>Pilates</i> Studio (45)			
6:00 pm		20/20/20 Family Gym (55)	Y Run Club	20/20/20 Family Gym (55)			
6:30 pm	<i>Yoga for Bigger Bodies</i> Studio (60)		<i>Yoga</i> Studio (60)				
6:45 pm	Step Family Gym (60)	<i>Yoga Flow</i> Studio (60)	Hip Hop Family Gym (60)				
7:00 pm		Turbo Kick Family Gym (45)		Zumba Family Gym (45)			
		<i>Trekking</i> LSC (45)		<i>Trekking</i> LSC (45)			
7:40 pm	<i>Adult Ballet</i> Studio (60)		<i>Adult Ballet</i> Studio (60)				

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FALL I 2009 West YMCA Older Adult Fitness Classes September 7 -October 25

Please note: Class time, locations, and instructors are subject to change. FREE Member Classes are in bold. Classes with a fee are in italic. (Class length in parenthesis).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am	Low Impact Family Gym (55)		Low Impact Family Gym (55)				
7:45 am					Silver Stretch Family Gym (45)		
8:30 am		Open Walleyball Racquetball Court (60)		Open Walleyball Racquetball Court (60)	Open Walleyball Racquetball Court (60)		
10:45 am	SilverSneakers® Muscular Strength Family Gym (45)	Gentle Water Pool (45)	SilverSneakers® Muscular Strength Family Gym (45)	Gentle Water Pool (45)	SilverSneakers® Yogastretch Family Gym (45)		
10:45 am		Zumba Gold Family Gym (45)		Zumba Gold Family Gym (45)			