

**February 2010  
FITNESS SCHEDULE**

RB=Racquet Ball Court G= Gym ST=Stage All classes are ONE hour except as noted.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Group Cycle* (ST) Addie					
7:00 AM		7:30 am Tai Chi (ST) Elizabeth				
8:00 AM	Water Aerobics Barbara		Water Aerobics Barbara  Line Dance(Practice)(G) 2/15-Stage		Water Aerobics Barbara  Line Dance(Practice)(G) 2/15-Stage	Saturday morning Group Cycle* 8:30- 9:30am Feb. 6 <sup>th</sup> , 20th Bridget*(ST)
9:00 AM	Line Dance (G) 2/15-Art Gallery Nancy  ZUMBA (ST) Aggie	Water Aerobics Barbara  Enhanced Fitness (ST) (Senior Fitness) Jennifer/ Donna	Beg. Line Dance (G) 2/15-Stage Nancy  Morning Circuit Weight Room (limit 6) Jennifer	Line Dance (G) 2/15-Art Gallery Nancy  Water Aerobics Barbara  Enhanced Fitness (ST) (Senior Fitness) Jennifer/ Donna	Beg. Line Dance (G) 2/15-Stage Nancy	ZUMBA (G)(ST) Aggie 9:30-10:30
10:00 AM	Step Circuit(ST) Jennifer  Water Exercise Barbara	Gentle Yoga (RB) Gina	Pump & Tone (ST) Jennifer  Water Exercise Barbara	Pilates Plus (RB) Gina	Cardio Party (ST) Jennifer  Water Exercise Barbara	
11:00 AM				ZUMBA(G) 2/15-Stage Aggie		<b><u>NOTICE</u></b>
5:00 PM	Group Cycle*(ST) Bridget (4:30-5:30)		Group Cycle*(ST) Tracy (5:15- 6:30)	Group Cycle*(ST) Bridget (4:30-5:30)		The Gym Floor will be repaired from Feb. 15 to Mar. 3 <sup>rd</sup> .
5:30 PM	Group Cycle*(ST) Tracy  Cardio Groove (G) 2/15 – (RB) Angie	Balls, Bands & Bars(G) 2/15-(RB) Jennifer	ZUMBA (G) 2/15-Art Gallery Aggie	Ab Lab(ST) Angie (5:30-5:45)  Balls of Fire (ST) Angie (5:45-6:30)		All Classes that are in the gym will be moved to a different location Location Noted
6:30 PM	Power Yoga (ST) Tracy/Donna	Iyengar Yoga (RB) Donna (6:30-8:00)				Art Gallery 413 Muir St. Cambridge
7:00 PM		Volleyball(G) (7:00-9:00)	Adult Basketball (G) (7:00-9:00)			Parking in rear Behind Gallery

**Dorchester County Family YMCA \*201 Talbot Ave.\* For More Information 410-221-0505 Classes or Instructors are subject to change**

Requires bike reservation; Reserve 24 hours before scheduled class. If unable to attend, please call and "release" your bike reservation\*