

June, July, August 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		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)(ST)		Water Aerobics Barbara Line Dance(Practice)(ST)	
9:00 AM	Line Dance (ST) Nancy ZUMBA (RB) Aggie	Water Aerobics Barbara New Beginner Spinner* (ST) (9:00-9:30) Jennifer	Beg. Line Dance (ST) Nancy Morning Circuit (Weight Room) (limit 6) Jennifer	Line Dance (ST) Nancy Water Aerobics Barbara	Beg. Line Dance (ST) Nancy	ZUMBA (ST) (G) Aggie 9:30-10:30
10:00 AM	Step Circuit (ST) Jennifer Water Exercise Barbara	Enhanced Fitness (ST) (Senior Fitness) Donna Gentle Yoga (RB) Gina	Pump & Tone (ST) Jennifer Water Exercise Barbara	Enhanced Fitness (ST) (Senior Fitness) Donna	Cardio Party (ST) Jennifer Water Exercise Barbara	
11:00 AM				ZUMBA (ST) Aggie		
5:00 PM	New Beginner Spinner*(ST) (5:00-5:30) Tracy	New Beginner Spinner*(ST) (5:00-5:30) Jennifer				
5:30 PM	Group Cycle* (ST) Tracy New Butts ,Guts, & Guns Jennifer (RB)	Balls, Bands & Bars (G), (ST start June 8) Jennifer	ZUMBA (G) Aggie	Ab Lab(ST) Angie (5:30-5:45) Balls of Fire (ST) Angie (5:45-6:30)		
6:30 PM	Athletic Yoga (ST) Tracy			Iyengar Yoga (RB) Donna (6:30-7:30)		
7:00 PM			Adult Basketball (G) (7:00-9:00)			

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
Remember, To Keep Your Favorite Classes On The Schedule We Have To Have Participation From At Least 4 Members, So Keep Coming !!