


March 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)		Water Aerobics Barbara Line Dance(Practice)(G)	Saturday morning Group Cycle* 8:30- 9:30am Bridget*(ST) March 6 th & 20 th
9:00 AM	Line Dance (G) Nancy ZUMBA (ST) Aggie	Water Aerobics Barbara Enhanced Fitness (ST) (Senior Fitness) Jennifer/ Donna	Beg. Line Dance (G) Nancy Morning Circuit Weight Room (limit 6) Jennifer	Line Dance (G) Nancy Water Aerobics Barbara Enhanced Fitness (ST) (Senior Fitness) Jennifer/ Donna	Beg. Line Dance (G) 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 (ST) or (G) Aggie		
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)		
5:30 PM	Group Cycle*(ST) Tracy Cardio Groove (G) or (RB) Angie	Balls, Bands & Bars (G) or (RB) Jennifer	ZUMBA (G) Aggie	Ab Lab(ST) Angie (5:30-5:45) Balls of Fire (ST) Angie (5:45-6:30)		
6:30 PM	Power Yoga (ST) Tracy	Iyengar Yoga (RB) Donna (6:30-8:00)		Progressive Yoga (RB) Donna (6:30-7:30)		
7:00 PM		Volleyball(G) (7:00-9:00)	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