

Summer 2009 – June 15 – August 31 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* Addie					Saturday Class suspended until fall – see you then!!
7:00 AM		7:30 AM Tai Chi (ST) Elizabeth				
8:00 AM	Water Aerobics Barbara		Water Aerobics Barbara		Water Aerobics Barbara	
8:30 AM	Line Dance (ST) Nancy			Line Dance (ST) Nancy	Beg. Line Dance (ST) Nancy	
9:00 AM	AFYAP Barbara	Water Aerobics Barbara Group Cycle (ST)* Jamie	AFYAP Barbara	Water Aerobics Barbara	AFYAP Barbara	
9:30 AM	Beginner Cycle (ST)* Jennifer		Group Cycle (ST)* Jennifer		Group Cycle (ST)* Jennifer	
10:00 AM	Senior Water Aerobics Barbara	Pilates (ST) Jamie	Senior Water Aerobics Barbara		Senior Water Aerobics Barbara	
10:30 AM	Simply Step (ST) Jennifer		Lean Lines (ST) Jennifer		Cardio Party (ST) Jennifer	
11:30 AM	Everyday Stretch (ST) Jennifer (11:30-12)		Everyday Stretch (ST) Jennifer(11:30-12)		Everyday Stretch (ST) Jennifer(11:30-12)	
5:30 PM	Cardio & Strength (G) Angie Group Cycle ST* Tracy	Cardio-Step (ST) Amy	Group Cycle ST* Tracy	Ab Lab (ST) Angie		
5:45 PM				Balls of Fire (ST) Angie		
6:30 PM	Power Yoga (ST) Tracy	Yoga (RB) Donna (6:30-8:00)	Cardio-Kick (ST) Carey			*Spin class has been moved to the stage for the summer*

*Requires bike reservation; Reserve no earlier than 72 hours before scheduled class. If unable to attend, please call and “release” your bike reservation. Also, independent use of the bikes on the air-conditioned may be limited. Please call the YMCA before you plan to spin by yourself.