

HEALTH & FITNESS™

We build strong kids, strong families, strong communities.

2010 Fitness Class Schedule--Effective June 1 thru September 6

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	Interval Training, 18th St. 6-6:45am	Power Yoga, 16th St. 6-6:45am Fit Ball, 18th St. 6-6:45am	Interval Training, 18th St. 6-6:45am	Power Yoga, 16th St. 6-6:45am Fit Ball, 18th St. 6-6:45am	Interval Training, 18th St. 6-6:45am	
	Group Cycling, 16th St. 6-6:45am	Group Cycling, 16th St. 6-6:45am		Group Cycling, 16th St. 6-6:45am		
	Sculpting Water, 18th St. 9-9:45am	Deep Water, 16th St. 8 8:45am		Deep Water, 16th St. 8 8:45am		Sculpting Water, 18th St. 9-9:45am
	Silver Sneakers, 16th St. 9-10am	Sculpting Water, 18th St. 9-9:45am	Silver Sneakers Yoga Stretch, 16th St. 8:30- 9:30am	Silver Sneakers, 16th St. 9-10am	Moving Water, 18th St. 9-9:45am	Group Cycling, 16th St. 8:30-9:15am
	F.I.T., 18th St. 9-10 am	F.I.T., 18th St. 9-10am	Step, 18th St. 9-10 am	Fusion Cycle, 16th St. 9-9:45am	F.I.T., 18th St. 9-10am	Power Pump, 18th St. 9-10am
	Yogalaties, 16th St. 10:15-11am	30/30/30, 18th St. 10:15-10:45am	Yogalaties, 16th St. 10:15-11am	Fusion Deep Water, 16th St. 10-10:30am		
	Sculpting Water, 16th St. 10:35-11:30am	Sculpting Water, 16th St. 10:35-11:30am	Sculpting Water, 16th St. 10:35-11:30am		Sculpting Water, 16th St. 10:35-11:30am	
	AFYAP, 16th St. 11:35-12n	AFYAP, 16th St. 11:35-12n	AFYAP, 16th St. 11:35-12n		AFYAP, 16th St. 11:35-12n	
	Body Sculpt, 18th St. 12:15-12:45pm	Fit Ball, 18th St. 12:15-12:45pm	Body Sculpt, 18th St. 12:15-12:45pm	Fit Ball, 18th St. 12:15-12:45pm		
	H.E.A.T, 18th St. 5:30-6:15pm Power Yoga, 18th St. 6:15-6:30pm Group Cycling, 16th St. 5:45-6:30pm Zumba, 18th St. GYM 5:45-6:45pm	Group Cycling, 16th St. 5:45-6:30pm Yoga, 16th St. 5:45-6:45pm	H.E.A.T, 18th St. 5:30-6:15pm Power Yoga, 18th St. 6:15-6:30pm Group Cycling, 16th St. 5:45-6:30pm Zumba, 18th St. GYM 5:45-6:45pm	Step, 18th St. 5:45-6:45pm Group Cycling, 16th St. 5:45-6:30pm Yoga, 16th St. 5:45-6:45pm		
	Sculpting Water, 18th St. 6:30-7:15pm Sculpting Water, 16th St. 7:30-8:15pm Fusion Core Blast, 18th St. 7:30-8pm	Mom's in Motion, 16th St. 7-8pm Kickbox Express, 18th St. 7-7:30pm Core & More, 18th St. 7:30-8pm	Sculpting Water, 16th St. 7:30-8:15pm	Sculpting Water, 18th St. 6:30-7:15pm Sculpting Water, 16th St. 7:30-8:15pm Kickboxing, 18th St. 7-8pm Abs, 18th St. 8-8:15pm	Classes are included with YMCA membership Class schedules may vary during holidays. Suggested level of intensity of our YMCA classes and class descriptions are on reverse side.	
	Fusion Fast Water, 18th 8:15-9pm	Zumba, 18th St. 8:15-9pm		Zumba, 18th St. 8:15-9pm		