

# YMCA Health & Fitness Class Schedule

Date: **6/14/2010**

Class schedule is subject to change, call to verify.

Time	Mon	Tue	Wed	Thu	Fri	Sat
5:00 AM	Boot Camp Kevin ●	Boot Camp Mike ●		Boot Camp Mike ●	Boot Camp Kevin ●	
7:00 AM	HS Athletic Conditioning ♦ 7/14		HS Athletic Conditioning ♦ 7/14			
7:45 AM		Core & More Valerie ♦		Core & More Valerie ♦		
8:00 AM	Z-Health Dr. Teagle ♦		Z-Health Dr. Teagle ♦			
8:00 AM	Low Impact Aero Heather ■		Low Impact Aero Heather ■		Low Impact Aero Heather ●	
8:45 AM		Zumba Chris ♦		Zumba Chris ♦		
8:45 AM		Cycle MJ		Cycle Tara		
9:00 AM		*S.O.S. Val	Elder Explorers 6/16	*S.O.S. Val		
9:00 AM	Step Cheryl ●		Step Cheryl ●		Step Cheryl ●	Step Cheryl ●
9:00 AM	Boomers Strength & Sculpt ♦		Boomers Strength & Sculpt ♦			
9:45 AM		Pilates Teri ♦				
10:00 AM				Pilates Teri ●		
10:15 AM					Rock Bottom ● Lorina	Zumba ● Anne
10:30 AM		Senior Sneakers Mary ●		Senior Sneakers Mary ●		
11:00 AM	Hatha Yoga Dawn ♦		Hatha Yoga Paulette ♦		Hatha Yoga ♦	
11:30 AM	OSU private function ● 9/6	Beginning Level Tai Chi ●		Beginning Level Tai Chi ●	OSU private function ● 9/10	Beginning Basics Tai Chi ●
12:30 PM	Circuit Training fall schedule		Circuit Training fall schedule		Circuit Training fall schedule	
12:45 PM				Beginning Tai Chi Chen Style ●		
4:30 PM	Kickboxing Paulette ♦		Kickboxing Paulette ♦		Kickboxing Paulette ♦	
5:30 PM	*S.O.S. Sheri		*S.O.S. Sheri			
5:30 PM	AB LAB Heidi ♦		AB LAB Paulette ♦		Hatha Yoga Paulette ♦	
6:00 PM	Zumba Anne ♦	Step Adv. Level Melissa ●	Zumba Chris ♦	Step Beg. Level Melissa ●		
6:00 PM			Cycle Jeff			
6:00 PM	Boot Camp Frank ●		Boot Camp Frank ●			
6:15 PM		Power Pump Sylvia ♦		Power Pump Paulette ♦		
6:30 PM	*S.O.S. Sheri		*S.O.S. Sheri			
6:45 PM		Cycle Val		Cycle Val		
7:00 PM	Self Defense Workshop ● 6/28					
7:00 PM	*Family Martial Arts ♦	Piloga Sylvia ♦	*Family Martial Arts ♦	New Yoga Flow Paulette ♦		

Collins Classroom ♦ Multipurpose Room ● Gym ■ Cycle Classes are held upstairs in the Cycle Room  
 Fitness instructor permission required for all class participants under 15 years, unless otherwise specified.  
 \*Specialty Classes require registration and a class fee, stop by the courtesy desk for more information.