

# YMCA Health & Fitness Class Schedule

**Date:** 1/1/2009

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 ●	
7:40 AM		Senior Stretch Shelley ◆		Senior Stretch Shelley ◆		
7:45 AM		Ab Lab Valerie ●		LAB 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	Cycle MJ	<b>*S.O.S. Val</b>		<b>*S.O.S. Val</b>		
9:00 AM	Step Cheryl ●		Step Cheryl ●		Step Cheryl ●	Step Cheryl ●
9:00 AM	<i>Cardio/Strength Combo ◆ Mary</i>		<i>Cardio/Strength Combo ◆ Mary</i>			
9:45 AM		<i>Pilates Teri ●</i>		<i>Pilates Teri ●</i>		
10:15 AM					Rock Bottom Coming soon! ●	Zumba Anne ◆
10:30 AM		Senior Sneakers Louis ●		Senior Sneakers Louis ●		
11:00 AM	Hatha Yoga Dawn ◆		Hatha Yoga Katya ◆	Yoga Coming soon!	Friday Yoga ◆ begins:2/5	
11:30 AM		Beginning Level Tai Chi Leon ●		Beginning Level Tai Chi Leon ●		Beginning Basics Tai Chi Leon ●
12:30 PM	Circuit Training Stacy		Circuit Training Stacy	Beginning Tai Chi Chen Style ●	Circuit Training Stacy	
12:45 PM			Elder Explorers 1/27			
4:30 PM	Kickboxing Paulette ◆		Kickboxing Paulette ◆		Kickboxing Paulette ◆	
5:30 PM	<b>*S.O.S. Sheri</b>		<b>*S.O.S. Sheri</b>			
5:30 PM	AB LAB Heidi ◆	Step Adv. Level Melissa ●	AB LAB Paulette ◆	Step Beg. Level Melissa ●	Yoga Flow Paulette ◆	
6:00 PM	Zumba Anne ◆		Zumba Anne ◆			
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	<b>*S.O.S. Sheri</b>		<b>*S.O.S. Sheri</b>			
6:45 PM		Cycle Val		Cycle Val		
7:00 PM	*Family Martial Arts ◆	Piloga Sylvia ●	*Family Martial Arts ◆	Piloga Sylvia ●		

**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.**

**Collins Classroom ◆      Multipurpose Room ●      Cycle Classes are held upstairs in the Cycle Room**