



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45a-6:45a Group Cycling Jim	5:45a-6:45a Chi Rho Rev. Matt	5:45a-6:45a Group Cycling Angie	5:45a-6:45a Chi Rho Rev. Matt	5:25a-7:00a Triathlon Training Angie	8:00-9:15 Group Cycling Ken	revised 7-30-08
6:45-7:10a Ab Lab Jim		6:45a-7:10a Ab Lab Angie				 We build strong kids, strong families, strong communities.
6:45-7:45a Circuit Training Don	8:15-9:15a Int.-Adv. Pilates Laura		8:15-9:15a Int.-Adv. Pilates Laura			
9:00-10:00a Zumba Caroline	8:30a-9:30a T Cardio Tennis Peter		8:30a-9:30a T Cardio Tennis Lee	9:00a-10:00a Zumba Caroline	8:30-9:30a Bobbing and Weaving Amy Smith	
	9:30-10:15a Beginning Pilates Laura	9:00a-10:00a Cardio Grab Bag Sherri	9:30-10:15a Beginning Pilates Laura	9:15a-10:15a E Gym 'n Swim Erin	9:30-10:30a Body Blast Laura	
	10:30a-11:30a Silver Sneakers I Matt		10:30a-11:30a Silver Sneakers I Matt	10:30-11:30a Cardio N' Tone Amy Shon	10:45-11:45a Pilates Laura	12:15-1:15p Cardio N' Tone Toni
		9:30-10:30a MA Yoga Stretch Matt				
Noon-1:00p Body Sculpting Laura	Noon-12:50p Group Cycling Ken	Noon-1:00p Body Sculpting Laura	Noon-12:50p Group Cycling Ken			
1:00-2:00p Cardio Grab Bag Laura		1:00-2:00p Cardio Grab Bag Laura		12:00p-12:45p Group Cycling Leslie	11:00a-12:30p M Uechi-Ryu N Intgroen	
	2:00p-3:00p Silver Sneakers II Matt		5:30p-6:30p Step Aerobics Melissa	1:00p-2:00p Core-Based Cardio Laura	12:00p-1:00p E Fencing	
5:30-6:25p Int. Adv. Pilates Laura	5:30p-6:30p Step Aerobics Laura B.	5:30p-6:25p Int. Adv. Pilates Laura	5:30p-6:30p Step Aerobics Laura B.			
6:30-7:30p Cardio N' Tone Amy Shon	6:30p-7:30p Group Cycling Leslie	6:30-7:30p Cardio N' Tone Amy Shon	6:30-7:30p Group Cycling Greg			
7:30-8:00p Ab Lab Amy Shon	7:00p-8:00pm M Bobbing & Weaving Amy Smith					
7:30-8:30p E Jeet Kune Do Tim Greenman		7:30-8:30p E Jeet Kune Do Tim Greenman	7:00p-8:00p NG Fencing			
7:30-9:00p MA Uechi-Ryu		7:30-9:00p MA Uechi-Ryu	7:00p-8:00p M Bobbing & Weaving Amy Smith			

** = Registration required for all
 * = Registration required for non-members

Group Exercise classes ages 12 + (12-14 w/adult supervision) **Classes are held in Group Exercise Room unless noted.**

Key:
W = Weight Room
MA = Martial Arts Room
T = Tennis Courts
E = East Room

SCHEDULE SUBJECT TO CHANGE. YMCA RESERVES THE RIGHT TO CANCEL CLASSES DUE TO LOW PARTICIPATION.



Ab Lab - A 30 minute intense abdominal and lower back workout. Come and strengthen those core muscles.

Beginning Yoga- Learn the art of postures, relaxation and breathing.

Bobbing and Weaving - A non-contact cardio workout that shows fundamental boxing moves.

Body Blast- Weight training class w/barbells & interchangeable weight plates. Increase strength,

Bosu Ball Core T Strength- learn balance as you develop your core and build muscle

Cardio Grab Bag/Cardio Sculpt - Get your heart rate up for an intense cardiovascular workout. This class uses a combination of cardio

Cardio N' Tone- Out of shape? Burn more calories through continuous cardio & toning intervals. 55min.

Chi Rho - A challenging and unique fitness experience combining spiritually, martial arts movements, calisthenics and rhyt

Circuit Training - Fun for participants of every fitness level. This class will keep your feet moving with different cardio & strength training stations.

Group Cycling - Great cardiovascular and leg workout that consists of a warm-up, varied intensity intervals,

Hi/Low - Love to move and dance? Combines high and low impact moves and dance. All fitness levels.

Pilates - Ultimate mind-body workout! Increase core strength and flexibility. Streamlines the body.

Zumba- The latest in cardio; move to Latin rhythms in a great cardio workout

SilverSneakers 1 - Increase muscle strength and range of motion, balance and coordination.

SilverSneakers 2- Cardio Circuit.

SilverSneakers- YogaStretch- Blend of 3 yoga styles for total body.

Step - Move up, down and around the Reebok step bench. Cardiovascular, strengthening. All fitness levels.

Triathlon Training - Swim, bike and run for 30 minutes each. If you're training for a triathlon this is a great class!

