

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Schedule Effective May 26, 2010

ROOM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
POOL	8:15-9:15am <i>Aqua Fit</i> Ray		8:15-9:15am <i>Aqua Fit</i> Ray		8:15-9:15am <i>Aqua Fit</i> Eileen	8:15-9:15am <i>Aqua Fit</i> Mari-Celeste	
WELLNESS STUDIO		8:00-9:00am <i>Fit Start</i> Lisa J.		8:00-9:00AM <i>Fit Start</i> Susan D.		8:00-9:00am <i>Step Up</i> Deana/Ilene	
GRUBER ROOM	10:30-11:30am <i>Yoga Flex</i> Tammy		9:30-10:30am <i>Yoga Precise</i> Jimmy		9:30-10:30am <i>Yoga Precise</i> Jimmy		
WELLNESS STUDIO	9:30-10:15am <i>Cardio Sculpt</i> Starr	9:30-10:30am <i>Step Circuit Plus*</i> Lisa J.	9:30-10:15am <i>ReBouncing</i> Eileen	9:30-10:30am <i>Step Circuit</i> Eileen	9:30-10:30am <i>Zumba</i> Celia	9:00-10:00am <i>Zumba</i> Pam	
WELLNESS STUDIO	10:15-10:45am <i>On The Ball</i> Starr	10:30-10:45am <i>Just Abs</i> Lisa J.	10:15-10:45am <i>On The Ball</i> Eileen	10:30-10:45am <i>Just Abs</i> Eileen	10:30-11:30am <i>Pilates</i> Alex		
WELLNESS STUDIO	10:45-11:30am <i>SilverSneakers ~ 1</i> Starr		10:45-11:30am <i>SilverSneakers ~ 1</i> Susan D.				12:-15-4:45pm <i>Karate**</i>
POOL	12:30-1:30pm <i>Aqua Fit</i> Ray		12:30-1:30pm <i>Aqua Fit</i> Ray		12:30-1:30pm <i>Aqua Fit</i> Nancy		
POOL	1:30-2:30pm <i>AFAP</i> Ray		1:30-2:30pm <i>AFAP</i> Ray		1:30-2:30pm <i>AFAP</i> Nancy		
WELLNESS STUDIO		6:00-7:00 pm <i>Muscle Works</i> Terahshea	6:00-7:00pm <i>Zumba</i> Celia	6:00-7:00 pm <i>Kickboxing</i> Terahshea	5:30-9:00pm <i>Karate**</i>		
WELLNESS STUDIO	7:00-8:00pm <i>Zumba</i> Pam		7:00-8:00pm <i>Pilates</i> Eileen	7:00-8:00 pm <i>Muscle Works</i> Terahshea			
GRUBER ROOM	7:00-8:00pm <i>Yoga Flex</i> Nancy			7:30-9:00 <i>Yoga Flex</i> Nancy			
POOL		7:15-8:15pm <i>Aqua Fit</i> Deana					

* This class is an Intermediate-Advanced level class. Please see instructor before participating.

** There is an additional fee for this specialty class.