
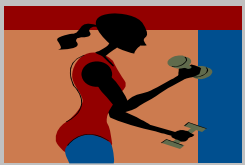


# YMCA 2012 FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM CYCLE MELISSA	6:00 AM MM GINNY	6:00 AM CYCLE KEN	6:00 AM YOGA GINNY	6:00 AM CYCLE GEORGE	
8:30 AM SPLASH&HYDRO	8:00-8:45 AM AQUA ZUMBA ANITA	8:30 AM SPLASH&HYDRO	8:00-8:45 AM AQUA ZUMBA LILLIANA	8:30 AM SPLASH&HYDRO	7:45 AM ZUMBA STARLENE / SHAREE
9:30 AM AQUACISE		9:30 AM AQUACISE	9:00 AM MM TARYN	9:30 AM AQUACISE	8:00 AM CYCLE JEN R.
9:00 AM INT. AEROBICS* SHAREE	9:00 AM STEP JENNIFER	9:00 AM INT. AEROBICS* JENNIFER/SHAREE	9:00 AM XT* SONIA	9:00 AM INT. AEROBICS* JENNIFER	8:00 AM BODY PUMP TBA
9:00 AM CYCLE TARYN	9:00 AM XT* SONIA	9:00 AM CYCLE TARYN	10:00 AM BODY PUMP SHAREE	9:00 AM CYCLE ANNICA	9:15 AM K-BOX JENNIFER
10:00 AM MM TARYN	10:00 AM BODY PUMP ANNICA	10:00 AM YOGA JANE	11:00 AM CHAIR YOGA JANE	10:00 AM ZUMBA* SONIA	10:15 AM YOGA CAMERON
	11:00 AM CHAIR YOGA SHARON	10:00 AM ZUMBA* SHAREE			
5:00 PM MM DONNA	5:15 PM CYCLE SHERRY	5:00 PM MM DONNA	5:15 PM CYCLE TIM		
5:30 PM CARDIO EXP* DAVID	6:00 PM K-BOX MICHAEL	5:30 PM CARDIO EXP* DAVID	6:00 PM TURBO KICK JENNIFER	5:30 PM CARDIO EXP* DAVID	
6:00 PM ZUMBA SHAREE	6:30 PM HOT POWER YOGA** JANE	6:00 PM ZUMBA SONIA	6:30 PM HOT POWER YOGA** JANE	7:00 PM ZUMBA LUIS	
7:00 PM YOGA CAMERON	7:00 PM ZUMBA DAPHNE	7:00 PM YOGA JENNIFER T.	7:00 PM ZUMBA TONING ANITA		
7:00 PM SPLASH PEGGY	7:00 PM BODY PUMP MICHAEL	7:00 PM SPLASH LEA ANN	7:00 PM BODY PUMP JENNIFER		

SCHEDULE REMAINS THE SAME EACH WEEK. INSTRUCTORS MAY VARY.

\*CLASS HELD IN GYMNASIUM

\*\*CLASS HELD IN MULTI-PURPOSE ROOM



INTER.AEROBICS = INTERVAL AEROBICS

K-BOX = KICKBOXING

MM = MUSCLE MAKEOVER

XT = CROSS TRAINING

CARDIO EXP = CARDIO EXPRESS

CLASS DESCRIPTIONS ON BACK

