



# YMCA SUMMER FITNESS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM CYCLE BRIANNA	6:00 AM CYCLE GINNY	6:00 AM CYCLE KEN	6:00 AM POWER 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 ANITA	8:30 AM SPLASH&HYDRO	8:00 AM ZUMBA STARLENE/ SHAREE
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	8:15 AM CYCLE JEN R.
9:00 AM CYCLE TARYN	9:00 AM XT* SONIA	9:00 AM CYCLE TARYN	10:00 AM MM TARYN	9:00 AM CYCLE CAROLYN	9:15 AM K-BOX JENNIFER
10:00 AM MM TARYN	10:00 AM BODY CRASH ANNICA	10:00 AM YOGA JANE	11:00 AM CHAIR YOGA JANE	10:00 AM RUMBA PARTY* SONIA	10:15 AM YOGA CAMERON
		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	6:00 PM TURBO KICK JENNIFER	
5:30 PM CARDIO EXP* DAVID	6:00 PM K-BOX MICHAEL	5:30 PM CARDIO EXP* DAVID	6:30 PM HOT POWER YOGA** JANE	5:30 PM CARDIO EXP* DAVID	
6:00 PM ZUMBA SHAREE	6:30 PM HOT POWER YOGA** JANE	6:00 PM RUMBA PARTY* SONIA	7:00 PM ZUMBA TONING ANITA	6:00 PM HATHA YOGA SHARON	
7:00 PM YOGA CAMERON	7:00 PM ZUMBA DAPHNE	7:00 PM YOGA JENNIFER T.		7:00 PM RUMBA PARTY LUIS	
7:00 PM SPLASH PEGGY	8:00-9:30 PM Ai Ki Do w/Ki	7:00 PM SPLASH PEGGY	8:00 -9:30 PM Ai Ki Do w/Ki		

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

