

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Spring/Summer 2008 Fitness Schedule (Effective May 5, 2008)

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|--|--|---|--|--|--|
| | 6:15-7:00am Cycling Cheryl | | 6:15-7:00am Cycling Cheryl | | |
| 7:30 – 8:30am Yoga Megan | | | | | |
| **Express** 8:30-9:00am Ab Lab Doriana/Louis | | **Express** 8:30-9:00am Ab Lab Louis | | **Express** 8:30-9:00am Ab Lab Chris | 8:30 – 9:15am Cycling Chris |
| | 8:45-9:45am Body Conditioning Doriana | | 9:00-9:45am Tai Chi Russ | | 9:30 – 10:30am Gentle Yoga Cheryl / Sigrid |
| 9:00-10:00am Into Action Doriana | 9:00-10:00am Tai Chi Russ | 9:00-10:00am Into Action Doriana | | 9:00-10:00am Into Action Doriana | |
| 9:00-9:45am Cycling Chris | | 9:00-9:45am Cycling Chris | | 9:00-9:45am Cycling Chris | |
| | | | 9:30-10:30am Yoga Tony | | |
| | 9:45-10:45am Yoga Doriana | | 9:45-10:30am Meditation Russ | | |
| **Express** 10:00-10:30am Stretch Sigrid | | **Express** 10:00-10:30am Stretch Doriana | | **Express** 10:00-10:30am Stretch Sigrid | |
| 10:45-11:30am Silver Sneakers® Muscle Strength Sigrid | 10:45-11:30am Total Balance Margo | 10:45-11:30am Silver Sneakers® Muscle Strength Doriana | 10:30-11:30am Beginning Tai Chi Russ | 10:45-11:30am Silver Sneakers® Muscle Strength Sigrid | |
| 12:00-1:00pm Pilates Doriana | 12:00-1:00pm NIA Whitney | 12:00-1:00pm Aerobics & Sculpt Doriana | 12:00-12:45pm Cycling Jason | 12:00-1:00pm Intermediate Yoga Doriana | |
| 5:00-6:00pm Body Conditioning Jody | **Express** 5:15-6:00pm Core Pilates Doriana | | **Express** 1:00-1:30pm Circuit Training Tim | | |
| | 4:00-6:00pm Shotokan Karate Louis | 5:30-6:30pm Kempo Karate Don | 4:00-6:00pm Shotokan Karate Louis | | |
| 5:30-6:15pm Cycling Mary | | 5:30-6:15pm Cycling Mary | | | |
| 6:20-7:30pm Beginning Yoga Cheryl | | **Express** 6:00 – 6:30pm Circuit Training Orion | 6:00-7:00pm Body Conditioning Doriana | | |

Lap Swim Hours
Sunday
 11:30am–1:30pm
Monday – Friday
 6–8am, 11:30am–1:30pm,
 5:30pm – 7:00pm
Saturday
 6:30am–8am,
 11:30am–1:30pm
Aqua Aerobics
Mon., Wed., Fri.
 11:40am–12:30pm,
 5:40pm–6:30pm
Saturday
 11:40am – 12:30pm

Kids Gym Hours
Monday – Friday:
 8:30am – 1:00pm
 4:00pm – 7:00pm
Saturday:
 9:00am – 12:30pm
**Hours subject to change
 if low attendance.*

YMCA Facility Hours
Monday – Friday: 6:00am – 9:00pm
Saturday: 8:00am – 7:00pm
Sunday: 10:00am – 5:00pm

Location Key:

- Main Gym =
- Specialty Fitness =
- Cycling Room =