

YMCA Fitness Schedule

Winter/Spring 2010

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-------|--|---|--|---|--|
| 6:00 | Bootcamp Group Fitness 6:30-7:30 PM | | Bootcamp Group Fitness 6:30-7:30 PM | | Bootcamp Group Fitness 6:30-7:30 PM |
| 7:00 | | | | | |
| 8:00 | | | | | |
| 9:00 | Primetimers Group Fitness 9:00-10:00 AM | Twinges Pool 9:00-10:00 AM | Primetimers Group Fitness 9:00-10:00 AM | Twinges Pool 9:00-10:00 AM | Primetimers Group Fitness 9:00-10:00 AM |
| 10:00 | | | | | |
| 11:00 | | | | | |
| 12:00 | Lunch Bunch Group Fitness 12:00-1:00 PM | | Lunch Bunch Group Fitness 12:00-1:00 PM | | Lunch Bunch Group Fitness 12:00-1:00 PM |
| 1:00 | Twinges Pool 1:00-2:00 PM | | Twinges Pool 1:00-2:00 PM | | Twinges Pool 1:00-2:00 PM |
| 2:00 | | | | | |
| 3:00 | | | | | |
| 4:00 | Happy Hour Group Fitness 4:30-5:30 PM | Basic Step & Tone Group Fitness 4:30-5:30 PM | Happy Hour Group Fitness 4:30-5:30 PM | Basic Step & Tone Group Fitness 4:30-5:30 PM | |
| 5:00 | Butts and Guts Group Fitness 5:30-6:30 PM | Kickboxing Group Fitness 5:30-6:30 PM | Butts and Guts Group Fitness 5:30-6:30 PM | Kickboxing Group Fitness 5:30-6:30 PM | |
| 6:00 | Ab-Solution Group Fitness | Yoga-Lates Fitness Studio | Ab-Solution Group Fitness | Yoga-Lates Fitness Studio | |
| 7:00 | Water Fitness Pool 7:00-8:00 PM | | Water Fitness Pool 7:00-8:00 PM | | |
| 8:00 | | | | | |

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Low-Impact Fitness Classes (Free/Members \$2/Potential)
 Fitness Classes (Free/Members \$5/Potential)
 Fitness Programs (Program fee includes 6-weeks of classes)