

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Effective January 2 – May 31st, 2010

OPEN SCHEDULE: Free to Members!!! Classes are held in the Aerobics Studio unless noted.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:25-6:10 am		Jump Start		Jump Start			
6:00-7:00am	Cardio Tone Interval		Total Body Conditioning		Cardio Chaos		
8:15-9:30am						Cardio Strength Flex	
8:30-9:30am	Step		Step		Step		
9:00-9:45 am	Golden Yoga Mind/Body	Simple Stretch Mind/Body	Golden Yoga Mind/Body	Simple Stretch Mind/Body	Golden Yoga Mind/Body		
9:35-10:05am	Butts and Gutts		Express Body Sculpt		Butts and Gutts		
10:45-11:30am	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers YogaStretch		
12:15-12:45pm		Express Body Sculpt		Express Body Sculpt			
12:10-1:00pm	Step		Step		Step		
4:30-5:30pm	Step	Step		Step	Total Body Conditioning		
5:40-6:40pm	Cardio Tone Interval	Drums Alive, Have a Ball	Cardio Tone Interval	Super Step			
6:45-7:45pm	Total Body Conditioning		Total Body Conditioning				
7:00-8:00pm		Zumba		Dance Aerobics			

YWATER FITNESS™

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Water Aerobics: Free to Members—requires registration!!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-7:00am		Aqua Challenge Taylor		Aqua Challenge Taylor			
8:00-8:45am	Lean and Mean Taylor		Lean and Mean Taylor		Lean and Mean Taylor	Aqua Challenge Taylor	
10:00-11:00am	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap		
5:00-6:00 pm			MS Water Exercise Class Taylor				
5:30-6:25pm		Water Warrior Taylor		Water Warrior Taylor			
7:05-8:00pm	Aqua Challenge Shallow-Lap Deep Water Challenge Deep-Lap		Aqua Challenge Shallow-Lap Deep Water Challenge Deep-Lap				
8:00-9:00 pm	Trek and Tone Taylor		Trek and Tone Taylor				

Class description on back