

YMCA Aerobics Schedule

Effective August 10, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	Indoor Cycling <i>Kris</i>	Indoor Cycling <i>Nancy/Kris-Sub</i>	Indoor Cycling <i>Jim</i>	Indoor Cycling <i>Nancy/Kris-Sub</i>		
6:00AM		Yoga <i>Nancy/Becky-Sub</i>		Yoga <i>Nancy/Becky-Sub</i>		
8:00AM	Yoga with Elena <i>Vanessa-Sub</i>	Pilates <i>Megan</i>	Yoga with Elena <i>Vanessa-Sub</i>	Pilates <i>Megan</i>	Yoga <i>Marcella</i>	*Indoor Cycling @ 8:15 Tamy/Nancy
9:00AM North Gym	Zumba Gold <i>Yvonne/Haley</i>	Zumba <i>Charlotte/Megan</i>	Young at Heart (start 9/08) <i>Kerri</i>	Zumba <i>Charlotte/Megan</i>	Young At Heart <i>Charlotte</i>	Boot Camp @ 9:15 1st Sat Yvonne
9:00AM	Cycle/Interval <i>Susan/Charlotte</i>	Yoga/Pilates @9:15 Rebecca	Interval <i>Charlotte</i>	Yoga/Pilates @9:15 Rebecca	Pump <i>Yvonne</i>	Interval @ 9:15 2nd Sat Charlotte
10:00AM	Extreme Butts 'n' Guts <i>Yvonne</i>	Room In Use	Gentle Yoga 10:30 NEW! Vanessa	Room In Use	Yoga <i>Courtney</i>	Zumba @ 9:15 3rd Sat Marikit
11:00AM		Room In Use		Room In Use		Zumba @ 9:15 4th Sat Yvonne
12:00PM	Hard Work Conditioning - <i>Sherry</i>	Cycle Pump* <i>Becky</i>	Zumba/Tone NEW! Yvonne/Kit-Sub	Cycle Pump* <i>Tamy/Megan</i>	Cardio Kick-Boxing <i>Sherry</i>	
1:00PM		Room In Use		Room In Use		
2:00PM	Room In Use	Room In Use	Room In Use	Room In Use		
4:00PM	Room In Use	Cycle Pump <i>Jami/Debbie-Sub</i>	Room In Use	Cycle Pump <i>Jami/Debbie-Sub</i>		Equipment Orientations: Monday 11:15am; Tuesday 4:00pm; Wednesday 10:30am & 6:45pm; Thursday 4:00pm & 6:00pm
5:00PM	Room In Use	Zumba Tone (Start 9/07) <i>Yvonne</i>	Room In Use	Zumba Tone <i>Yvonne</i>	*Indoor Cycling <i>Tamy</i>	
5:30PM	*Indoor Cycling <i>Sherry 75 min.</i>	Pump <i>Yvonne</i>	Power Yoga <i>Nancy/Vanessa-Sub</i>	Pump <i>Yvonne</i>		
5:30PM North Gym	Zumba <i>Yvonne/Charlana</i>	Zumba @ 6:00 <i>Charlana/Lisa</i>	Zumba <i>Charlotte/Megan</i>	Zumba @ 6:00 <i>Charlana/Lisa</i>	Zumba/Tone (Start 9/10) <i>Yvonne /Lisa</i>	
6:30PM		Room In Use	Room In Use	Room In Use	Room In Use	
7:30PM	Room In Use	Room In Use	Room In Use	Room In Use		*Requires sign up at the Front Desk.