

YMCA Aerobics Schedule

Fall 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:15AM	*Indoor Cycling	*Indoor Cycling	*Indoor Cycling	* Indoor Cycling	*Indoor Cycling @ 5:45	
6:00AM	*Indoor Cycling @ 6:15	Yoga	*Indoor Cycling @6:15	Yoga		
8:00AM	Yoga	Pilates	Yoga	Pilates	Gentle Yoga	*Indoor Cycling @ 8:15
9:00AM North Gym	Young At Heart	NEW! Zumba	Young At Heart	NEW! Zumba	Young At Heart	Power Yoga @ 9:15 (Conference Room)
9:00AM	Fun Step		Quad Step		Pump	Boot Camp @ 9:15 1 st Sat
10:00AM	Extreme Butts 'n' Guts	Yoga/Pilates		Yoga/Pilates	Yoga	Fun Step @ 9:15 2 nd Sat
11:00AM		*Gymnastics @11:15		*Gymnastics @ 11:15		NEW! Zumba @9:15 3rd Sat
12:00PM	Cardio Kick-Boxing	Pump	Cardio Kick- Boxing	Cycle to Pump	Cardio Kick-Boxing	Fun Step @ 9:15 4 th Sat
2:00PM	*Gymnastics @ 2:30, 3:00, 3:30, & 4:10	*Gymnastics @ 2:40 & 3:20	Baby Play Group @ 2:00	*Gymnastics @ 2:45 & 3:20		
4:00PM		Cardio Kick -Boxing	*Gymnastics @ 3:30, 4:10, & 4:45	Cardio Kick-Boxing	*Indoor Cycling @ 4:30	Weight Room Orientations:
5:00PM	*Dance @4:50	Butts 'n' Guts		Butts 'n' Guts		Monday 11:15 am
5:30PM	*Indoor Cycling	Pump	Power Yoga	Pump		Tuesday 4:00 pm
5:30PM North Gym	NEW! Zumba		NEW! Zumba		NEW! Zumba	Wednesday 10:30 am & 6:30 pm
6:30PM		**Intermediate Karate	*Ninjas in Action	*Intermediate Karate	*Aikido	Thursday 4:00 pm
7:30PM	*Aikido	**Adult Karate	*Aikido	*Adult Karate		*Requires sign up at the Front Desk.
						**Karate - 1st Tue is belt testing