

# YMCA ACTIVITY CENTER FITNESS CLASS SCHEDULE

*SUMMER 09*

*July 6<sup>th</sup>-August 28<sup>th</sup>*

TIME	MONDAY	TUESDAY	WEDNESDAY	THURS.	FRIDAY	SAT.
5:45 am		<b>Cycling</b> <i>Marisa</i>			<b>Cycling</b> <i>Laura M.</i>	
8:00 am- 8:30 am					<b>Aquamotion</b> <i>Bridgette</i>	<b>Cycling</b> <i>Marisa</i>
9:00 am	<b>Fitness Fusion</b> <i>Kim</i>	<b>Fitness Fusion</b> <i>Anita</i>	<b>Fitness Fusion</b> <i>Julie</i>		<b>Fitness Fusion</b> <i>Kim</i>	
9:30 am	<b>Aquamotion</b> <i>Bridgette</i>		<b>Aquamotion</b> <i>Patty</i>		<b>Aquamotion</b> <i>Patty</i>	
12:10 pm	<b>Cycling</b> <i>Marisa</i>	<b>Pilates Sculpt</b> <i>Anita</i>	<b>Cycling</b> <i>Laura D.</i>	<b>Running Group</b> <i>Coach Laura</i>	<b>Cycling</b> <i>Ann</i>	
5:30 pm	<b>Fitness Fusion</b> (cardio-pilates) <i>Barbara</i>					
6:00 pm	<b>Cycling</b> <i>Laura D.</i>	<b>Muscle Crunch</b> <i>Laura F.</i>	<b>Pilates</b> <i>Tomoko</i>	<b>Fitness Fusion</b> <i>Barbara</i> <b>Cycling</b> <i>Laura F.</i>		
6:00 pm			<b>TRI TRAINING</b> <b>6pm**</b>			
6:30- 7:15pm	<b>6:30</b> <b>Belly Dance</b> <i>Rhaya</i>	<b>7:15</b> <b>Yoga Sculpt*</b> <i>Barbara</i>	<b>7:00</b> <b>Muscle Crunch</b> <i>Barbara</i>	<b>7:00</b> <b>Yoga Sculpt*</b> <i>Barbara</i>		

*Schedule subject to change*

*06-24-09*

*\*\*Additional fees required for anyone taking this specialty class-Pre-registration required*

*\*Limited space available for these classes, must register at front desk (no fees for members)*

*\*Non Member fees or fitness on the fly pass is required at the time of registration*

*All other classes are included with Membership*



We build strong kids, strong families, strong communities.

**See reverse for combination schedule with our Main Street location.**