



YHEALTH & FITNESS™



SUMMER 2010 Northeast YMCA Fitness Schedule • June 14 - August 22

FREE Member Classes are in bold. *Classes with a fee* are in italic.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<i>Super Circuit Workout</i> LSC 5:30-6:15am	Get Up and Go Studio 5:30-6:15am	<i>Super Circuit Workout</i> LSC 5:30-6:15am	Get Up and Go Studio 5:30-6:15am	<i>Super Circuit Workout</i> LSC 5:30-6:15am		
Hi/Low Studio 8:30-9:30am	Bosu Blast/Strength Fusion Studio 8:30-9:45am	Hi/Low Studio 8:30-9:30am	Bosu Blast/Strength Fusion Studio 8:30-9:45am	Hi/Low Studio 8:30-9:30am	Hi/Low Studio 8:30-9:30am	
		Zumba Studio 9:45-10:45am				
<i>Pre-Ballet</i> Studio 10:00-10:30am						
<i>Pre-Ballet</i> Studio 10:45-11:15am						
						Zumba Studio 3:45-4:45pm
<i>Youth Ballet</i> Studio 4:30-5:15pm	<i>Yogalates</i> Studio 4:30-5:15pm	<i>Super Circuit Workout</i> LSC 4:30-5:15pm	<i>Yogalates</i> Studio 4:30-5:15pm			
Hi/Low Studio 5:30-6:30pm	Zumba Studio 5:30-6:15pm	Hi/Low Studio 5:30-6:30pm	Turbokick Studio 5:30-6:15pm	<i>Super Circuit Workout</i> LSC 5:00-5:45pm		
<i>Yoga</i> Studio 6:45-7:45pm	Strength Fusion Studio 6:20-7:15pm	20-20-20 Studio 6:45-7:45pm	Zumba Studio 6:20-7:15pm			

**NO CLASSES
JULY 4TH**

* 20-20-20 is Strength, Crunch, and Stretch **NEW**

WATER FITNESS

SUMMER 2010 Northeast YMCA Water Fitness Schedule June 14 - August 22

FREE Member Classes are in bold. (Class length in parenthesis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:00 am	Aqua Zumba® <i>Pool (60)</i>		Water Aerobics <i>Pool (60)</i>		Water Aerobics <i>Pool (60)</i>	Water Aerobics <i>Pool (60)</i>	
11:45 am		Water Aerobics <i>Pool (45)</i>		Water Aerobics <i>Pool (45)</i>			
6:00 pm		Deep Water Workout <i>Pool (60)</i>					Water Aerobics <i>Pool (45)</i>
6:30 pm				Water Aerobics <i>Pool (60)</i>			
7:00 pm		Water Aerobics <i>Pool (60)</i>					

LIFESTYLE CENTER

SUMMER 2010 Northeast YMCA Lifestyle Center Schedule June 14 - August 22

Classes with a fee are in italic. (Class length in parenthesis)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 am	<i>Super Circuit Workout</i> <i>LSC (45)</i>		<i>Super Circuit Workout</i> <i>LSC (45)</i>		<i>Super Circuit Workout</i> <i>LSC (45)</i>		
3:00 pm							<i>Youth Circuit Training</i> <i>LSC (45)</i>
4:00 pm		<i>Youth Circuit Training</i> <i>LSC (45)</i>		<i>Youth Circuit Training</i> <i>LSC (45)</i>			
4:30 pm			<i>Super Circuit Workout</i> <i>LSC (45)</i>				
5:00 pm					<i>Super Circuit Workout</i> <i>LSC (45)</i>		

Please note: Class time, locations, and instructors are subject to change.