



# YHEALTH & FITNESS™



## SUMMER 2010 West YMCA Fitness Classes • June 14 - August 22

FREE Member Classes are in bold. Underlined Classes are appropriate for Older Adults. Classes with a fee are in italic. (Class length in parenthesis)

Start Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am	<b>Step</b> <i>Family Gym (60)</i>	<b>Power Pump</b> <i>Family Gym (60)</i>	<b>Step</b> <i>Family Gym (60)</i>	<b>Power Pump</b> <i>Family Gym (60)</i>	<b>Step</b> <i>Family Gym (60)</i>		
	<i>Group Cycle Studio (40)</i>	<i>6:15 Pilates Studio (45)</i>	<i>Group Cycle Studio (40)</i>	<i>6:15 Pilates Studio (45)</i>			
7:30 am	<b>Low Impact</b> <i>Family Gym (55)</i>		<b>Low Impact</b> <i>Family Gym (55)</i>		<b>SilverSneakers®</b> <i>Yogastretch Family Gym (45)</i>		
7:45 am	<i>Continuing Pilates Studio (45)</i>		<i>Continuing Pilates Studio (45)</i>				
8:00 am						<i>Cycle Challenge Studio (60)</i>	
8:30 am	<b>Zumba®</b> <i>Family Gym (55)</i>	<b>Power Pump</b> <i>Family Gym (55)</i>	<b>Zumba®</b> <i>Family Gym (55)</i>	<b>Power Pump</b> <i>Family Gym (55)</i>	<b>Turbokick</b> <i>Family Gym (45)</i>		
	<b>Water Aerobics</b> <i>Pool (60)</i>		<b>Water Aerobics</b> <i>Pool (60)</i>		<b>Water Aerobics</b> <i>Pool (60)</i>		
8:45 am		<i>Yogalates Studio (45)</i>		<i>Yogalates Studio (45)</i>	<i>Yoga Flow Studio (60)</i>		
9:00 am	<i>Circuit LSC (60)</i>		<i>Circuit LSC (60)</i>			<i>Yogalates Studio (45)</i>	<b>Aqua Zumba®</b> <i>Pool (60)</i>
						<b>Zumba®</b> <i>Family Gym (45)</i>	
9:30 am	<b>Power Pump</b> <i>Family Gym (55)</i>	<b>Step/Sculpt</b> <i>Family Gym (60)</i>	<b>Power Pump</b> <i>Family Gym (55)</i>	<b>Step/Sculpt</b> <i>Family Gym (60)</i>	<b>Step/Sculpt</b> <i>Family Gym (60)</i>		
10:00 am						<b>TurboKick</b> <i>Family Gym (60)</i>	
10:30 am	<i>Trekking LSC (45)</i>		<i>Trekking LSC (45)</i>				
10:40 am		<b>Zumba Gold®</b> <i>Family Gym (45)</i>		<b>Zumba Gold®</b> <i>Family Gym (45)</i>			
10:45 am	<b>SilverSneakers®</b> <i>Muscle Strength Family Gym (45)</i>	<b>Gentle Water</b> <i>Pool (45)</i>	<b>SilverSneakers®</b> <i>Muscle Strength Family Gym (45)</i>	<b>Gentle Water</b> <i>Pool (45)</i>	<b>SilverSneakers®</b> <i>Yogastretch Family Gym (45)</i>		
12:15 pm	<i>Group Cycle Studio (45)</i>	<b>Cardio Boot Camp</b> <i>Family Gym (45)</i>		<b>Cardio Boot Camp</b> <i>Family Gym (45)</i>			
3:00 pm							<i>Youth Circuit LSC (45)</i>
4:00 pm			<b>Kids Agility Club</b> <i>(45)</i>		<i>Youth Circuit LSC (45)</i>		<b>Zumba®</b> <i>Family Gym (45)</i>
5:00 pm			<b>Turbokick</b> <i>Family Gym (45)</i>				<i>Yoga Studio (60)</i>
							<i>Body Blast Challenge Family Gym</i>
5:45 pm	<b>Strength Fusion</b> <i>Family Gym (55)</i>						
6:00 pm		<b>Zumba®</b> <i>Family Gym (55)</i>	<b>Power Pump</b> <i>Family Gym (55)</i>	<b>20/20/20</b> <i>Family Gym (55)</i>			
6:30 pm	<i>Yoga for Bigger Bodies Studio (60)</i>		<i>Yoga Flow Studio (60)</i>				
6:45 pm	<b>Step</b> <i>Family Gym (60)</i>						
7:00 pm		<b>Turbo Kick</b> <i>Family Gym (45)</i>		<b>Zumba®</b> <i>Family Gym (45)</i>			
		<i>Yoga Flow Studio (60)</i>					
7:15 pm		<i>Trekking LSC (45)</i>		<i>Trekking LSC (45)</i>			
7:40 pm			<i>Adult Ballet Studio (90)</i>				
8:00 pm		<i>Adult Ballet Studio (60)</i>					

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

# YHEALTH & FITNESS™

## SUMMER 2010 West YMCA Older Adult Fitness Classes

June 14 -August 22

Please note: Class time, locations, and instructors are subject to change. FREE Member Classes are in bold. Classes with a fee are in *italic*. (Class length in parenthesis).

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:30 am	<b>Low Impact</b> Family Gym (55)		<b>Low Impact</b> Family Gym (55)		<b>SilverSneakers®</b> Yogastretch Family Gym (45)		
8:30 am		<b>Open Walleyball</b> Racquetball Court (60)		<b>Open Walleyball</b> Racquetball Court (60)	<b>Open Walleyball</b> Racquetball Court (60)		
9:00 am							<b>Aqua Zumba®</b> Pool (60)
10:45 am	<b>SilverSneakers®</b> Muscular Strength Family Gym (45)	<b>Gentle Water</b> Pool (45)	<b>SilverSneakers®</b> Muscular Strength Family Gym (45)	<b>Gentle Water</b> Pool (45)	<b>SilverSneakers®</b> Yogastretch Family Gym (45)		
10:40 am		<b>Zumba Gold</b> Family Gym (45)		<b>Zumba Gold®</b> Family Gym (45)			