

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Effective June 1- August 31, 2009.

OPEN SCHEDULE: Free to Members!!! Classes are held in the Aerobics Studio unless noted.

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
5:25-6:10 am		Jump Start		Jump Start			
6:00-7:00am	Total Body Conditioning		Total Body Conditioning		Boot Camp		
8:15-9:30am	Step		Step		Step	Weekend Warrior	
9:00-9:45 am	Golden Yoga Mind/Body	Simple Stretch Mind/Body		Simple Stretch Mind/Body	Golden Yoga Mind/Body		
9:35-10:05am	Butts and Gutts		Upper Limits		Butts and Gutts		
10:45-11:30am	Silver Sneakers I	Silver Sneakers II	Silver Sneakers I	Silver Sneakers II	Silver Sneakers YogaStretch		
12:15-12:45pm		Express Body Sculpt		Express Body Sculpt			
12:10-1:00pm	Step		Step		Step		
4:30-5:30pm	Combo	Step	Combo	Step			
5:40-6:40pm	Adv. Butts and Gutts	Super Step	Adv. Butts and Gutts	Super Step			
6:45-7:45pm	Total Body Conditioning	Dance Aerobics (June 2-July 28)	Total Body Conditioning	Zumba			

YWATER FITNESS™

We build strong kids, strong families, strong communities.

Effective June 1-August 15, 2009

Water Aerobics: Free to Members—Requires registration!!

	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
6:00-7:00am		Splashing Combos Shallow-Taylor		Splashing Combos Shallow-Taylor			
8:00-8:45am						Splashing Combos Shallow-Taylor	
10:00-11:00am	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap	Water Zone Shallow-Lap		
5:00-6:00 pm			MS Water Exercise Class Shallow-Taylor				
5:30-6:25pm		Water Warrior Shallow-Taylor		Water Warrior Shallow-Taylor			
7:05-8:00pm	Shallow/Deep Water Combo Class Lap Pool		Shallow/Deep Water Combo Class Lap Pool				

Class Descriptions on Back