

Summer 2008 Adult Group Exercise & Fee-Extra Class Schedule June 23 - Aug 15

No Classes: July 4, Aug. 16-31

Occasionally classes change, please check for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
8:30-9:30 Sculpt & Stretch	8:15-9:15 Spinning & Core for Beginners		8:30-9:30 Sculpt & Stretch	8:15-9:15 Pilates		
	9:20-10:20 Zumba	9:20-10:20 Step & Sculpt		9:20-10:20 Low-Impact	9:00-10:00 Low-Impact	9:00-10:00 Cardio & Pilates
10:30-11:30 MS Yoga (7/7 - 8/11)	10:30-11:30 Tai Chi		10:30-11:30 Tai Chi			
	10:30-11:30 Wt. Loss & Toning for Seniors		10:30-11:30 Wt. Loss & Toning for Seniors			
Afternoon						
					<p style="text-align: center;"><u>Group Exercise Safety</u></p> <p style="text-align: center;"><u>Rules</u></p> <ul style="list-style-type: none"> • IMPORTANT! Sign-in and swipe your card at the fitness center <i>before</i> going up to the group fitness studio. • Wear appropriate fitness attire and footwear. • Make sure you attend the warm-up and cool down sections of every class. This helps prevent injury • <i>Classes listed in shaded boxes are <u>NOT</u> included in the fitness plan.</i> 	
Evenings						
5:45-6:15 Spinning	6:00-7:00 Cardio & Weights	5:45-6:15 Spinning	6:00-7:00 Cardio & Weights			
6:20-7:00 Pilates		6:20-7:00 Pilates				
	6:45-7:45 Weight Loss & Toning w/ Susan		6:45-7:45 Weight Loss & Toning w/ Susan			

Schedule is subject to change at anytime - Classes with low enrollment may be cancelled

YWCA 949-6227 Front Desk Ext. 100 / Fitness Center Ext. 150 / Fitness Office Ext. 130
 Fitness Center Summer Hours: M-TH 6am-8pm, Fri 6am-7pm, Sat 8am-2pm, Sun 8am-12noon