

Fall/Winter 11 Adult Group Exercise & Fee-Extra Class Schedule September 13, 2010- January 15, 2011

No Classes: November 11, November 25-26, December 25-31, January 1-2, January 17

Occasionally classes change, please check for updates.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15-9:15 Cardio & Sculpt	8:15-9:15 Spinning & Core For beginners	8:15-9:15 Step & Stretch	8:15-9:15 Core & Stretch	8:15-9:15 Pilates	9:00-10:00 Low Impact	9:00-10:00 Cardio & Pilates
	9:20-10:20 Zumba		10:30-11:30 Senior Weight Training (FC)	9:20-10:20 Meg` s Cardio		<p><u>Group Exercise Safety Rules</u></p> <ul style="list-style-type: none"> • Important! Sign-in before class. • Wear appropriate fitness attire and footwear. • Make sure you attend the warm-up and cool-down of every class. This helps prevent injury • Classes listed in shaded boxes are not included in the fitness plan.
11:00-12:00 Ms Society Yoga Call 914-694-1655 x31	12:15-1:45 Int. Tap Club	10:45-11:45 Ms Society Tai Chi Call 914-694-1655 x31				
12:45-2:15 Yoga with Chris	2:00-3:00 Parkinson Group Call Chuck 914-428- 0049		2:00-3:00 Parkinson Group Call Chuck 914- 428-0049	12:45-2:15 Yoga with Chris		
6:00-7:00 Zumba	6:00-7:00 Cardio& Weights	6:00-6:30 Spinning				
7:00-7:45 Pilates(Intermediate)	7:00-7:45 Hips/Abs/Thighs	6:30-7:15 Pilates For Beginners	6:00-7:00 Zumba			
6:45-7:45 Weight Loss & Toning (FC)	6:45-7:45 Weight Loss & Toning (FC)	6:45-7:45 Weight Loss & Toning (FC)	6:45-7:45 Weight Loss & Toning (FC)			



Schedule is subject to change at anytime- Classes with low attendance may be cancelled
 YWCA (914) 949-6227 Front Desk Ext.101 or 127/ Fitness Center Ext.150/ Fitness Office Ext 130.
 Fitness Center Hours: M-F 6am-8pm, Sat-Sun 8am-12 noon revised 8/23/10
www.ywcawhiteplains.com