









# August 2010

# YGROUP EXERCISE™

We build strong kids, strong families, strong communities.



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30am	Anything Step 1 hr. class (Leslie)  Water Aerobics 1 hr. class (Debi) 	Xtreme Pump 1 hr. class (Debi)	Boot Camp 1 hr. class (Leslie)	Sculpt 1 hr. class (Leslie)	Step Interval 1 hr. Class (Velda)	Triple Fit 1 hr. class (Velda)
10:30am	Kick Boxing & Abs 1 hr. class (Sarah)	Tred-n-Shed 30 min. class (Debi)		Zumba  1 hr. class (Yazmin)	Water Aerobics 1 hr. class (Sara)   Yoga 10:30am 1 hr. class (Velda) 	Yoga  1 hr. class (Velda)
4:30pm		Youth Karate Class 1 hr. (see front desk for info.)	Zumba 1 hr. Class (Jessica)	Youth Karate Class 1 hr. (see front desk for info.)		
5:30pm	Zumba 1 hr. class (Pam) 	Sculpt X 5:35pm 30 min. class (Debi) (class may start late due to Karate Classes)	Cardio Ball & Core 1 hr. class (Velda)  Youth Fit Zone 30 min. class (Wellness Center)	Pump You Up 5:35pm - 6:35pm 1 hr. class (Velda)	<p>Due to some scheduling conflicts we are having to move the Wednesday 7:30pm Zumba class to Wednesday at 4:30pm. The instructor teaching the class will be Jessica which is a new instructor to the Riverwalk YMCA. Currently Jessica is also teaching Zumba at the Athens YMCA.</p> <p>In August the pool will not open to members until 12pm. We will still be offering the morning water aerobic classes but, it will be a swim at your own risk class. There will <b>NOT</b> be a lifeguard on duty during the morning water aerobic classes.</p>	
6:00pm		Boot Camp 6:05pm 1 hr. class (Debi)				
6:30pm	Cardio kickboxing & Abs 6:30pm - 7:30pm (Velda)		Yoga 1 hr. class (Velda) 	Water Aerobics 1 hr. class (Sara) 		
7:45pm		Adult Karate Class 1 hr. (see front desk for info.)		Adult Karate Class 1 hr. (see front desk for info.)		

**YMCA Mission: "To put Christian principles into practice through programs that build healthy spirit, mind and body for all."**