



November 2008

Group Exercise and Aerobics Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
						1
2	3 8:30 am Instructor's Choice (Connie) 10:00 am SilverSneakers I MSROM (Connie) 5:15 pm Fit Kidz (Andrea) 6:00 pm Cardio Kickboxing (Amy)	4 10:00 am Silversneakers II Cardio Circuit (Grace) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	5 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	6 10:00 am Silversneakers II Cardio Circuit (Grace) 6:00 pm Step/Sculpt (Amy)	7 1:00 pm Sculpt (Patty)	8 10:15 am Instructor's Choice (Amy)
9	10 8:30 am Instructor's Choice (Connie) 10:00 am SilverSneakers I MSROM (Connie) 5:15 pm Fit Kidz (Andrea) 6:00 pm Cardio Kickboxing (Amy)	11 10:00 am Silversneakers II Cardio Circuit (Grace) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	12 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 6:00 pm Sculpt (Judy)	13 10:00 am Silversneakers II Cardio Circuit (Grace) 1:00 pm Sculpt (Patty) 6:00 pm Step/Sculpt (Amy)	14 1:00 pm Sculpt (Patty)	15
16	17 8:30 am Instructor's Choice (Connie) 10:00 am SilverSneakers I MSROM (Connie) 5:15 pm Fit Kidz (Andrea) 6:00 pm Cardio Kickboxing (Amy)	18 10:00 am Silversneakers II Cardio Circuit (Grace) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	19 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	20 10:00 am Silversneakers II Cardio Circuit (Grace) 6:00 pm Step/Sculpt (Amy)	21 1:00 pm Sculpt (Patty)	22 10:15 am Instructor's Choice (Amy)
23/30	24 8:30 am Instructor's Choice (Connie) 10:00 am SilverSneakers I MSROM (Connie) 1:00pm Sculpt (Patty) 5:15 pm Fit Kidz (Andrea) 6:00 pm Cardio Kickboxing (Amy)	25 10:00 am Silversneakers II Cardio Circuit (Grace) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)	26 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie)	27 YMCA closed for Thanksgiving	28	29

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