







December 2009 Group Exercise and Aerobics Schedule



Sun	Mon	Tue	Wed	Thu	Fri	Sat
		<p>1 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy)</p>	<p>2 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00pm Sculpt (Patty) 6:00 pm Sculpt (Judy)</p>	<p>3 10:00 SilverSneakers II (Grace) 4:30 pm Step/Sculpt (Lisa) 4:30 pm Military Class (Billy) 6:00 pm Step/Sculpt (Amy)</p>	<p>4 10:30am Boot Camp (Tami) 1:00 pm Sculpt (Patty)</p>	<p>5 10:15 am Instructor's Choice (Lisa)</p>
6	<p>7 8:30am Instructor's Choice (Connie) 10:00am SilverSneakers I MSROM (Connie) 1:00pm Cardio Kickboxing (Judy) 4:30pm Boot Camp (Tami) 6:00 pm Cardio Kickboxing (Amy)</p>	<p>8 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy)</p>	<p>9 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 6:00 pm Sculpt (Judy)</p>	<p>10 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 4:30 pm Military Class (Billy)</p>	<p>11 10:30am Boot Camp (Tami) 1:00 pm Sculpt (Patty)</p>	<p>12 10:15 am Instructor's Choice (Amy)</p>
13	<p>14 8:30am Instructor's Choice (Connie) 10:00am SilverSneakers I MSROM (Connie) 1:00pm Cardio Kickboxing (Judy) 4:30pm Boot Camp (Tami) 6:00 pm Cardio Kickboxing (Amy)</p>	<p>15 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy)</p>	<p>16 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)</p>	<p>17 10:00 SilverSneakers II (Grace) 4:30 pm Step/Sculpt (Lisa) 4:30 pm Military Class (Billy) 6:00 pm Step/Sculpt (Amy)</p>	<p>18 10:30am Boot Camp (Tami) 1:00 pm Sculpt (Patty)</p>	<p>19 10:15 am Instructor's Choice (Lisa)</p>
20	<p>21 8:30am Instructor's Choice (Connie) 10:00am SilverSneakers I MSROM (Connie) 1:00pm Cardio Kickboxing (Judy) 4:30pm Boot Camp (Tami) 6:00 pm Cardio Kickboxing (Amy)</p>	<p>22 10:00 SilverSneakers II (Grace) 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 6:00 pm Sculpt (Judy)</p>	<p>23 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)</p>	<p>24</p>	<p>Merry Christmas</p> 	<p>26</p>
27	<p>28 8:30am Instructor's Choice (Connie) 10:00am SilverSneakers I MSROM (Connie) 1:00pm Cardio Kickboxing (Judy) 4:30pm Boot Camp (Tami) 6:00 pm Cardio Kickboxing (Amy)</p>	<p>29 1:00 pm Sculpt (Patty) 4:30 pm Step/Sculpt (Lisa) 4:30 pm Military Class (Billy) 6:00 pm Sculpt (Judy)</p>	<p>30 8:30 am Instructor's Choice (Connie) 10:00 am Silversneakers I MSROM (Connie) 1:00 pm Sculpt (Patty) 6:00 pm Sculpt (Judy)</p>	<p>31</p>		

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