

March 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)	Xtreme Pump 1 hr. class (Debi)	Boot Camp 1 hr. class (April)	Sculpt 60 min. class (Leslie)	Step Interval 1hr. Class (Debi)	Triple Fit 1 hr. class (Velda)
10:30am	Kick Boxing 45 min. class (April)	Christian Yoga 1 hr. class (Julie) Tred-n-Shed 30 min. class (Debi)		Zumba 1 hr. class (Yazmin)	Christian Yoga 1 hr. Class (Julie)	Yoga 1 hr. class (Velda)
11:00am 11:30 am			Silver Sneakers 11am (Debi)			
4:30pm		Youth Karate Class 1 hr. (see front desk for info.)		Youth Karate Class 1 hr. (see front desk for info.)		
5:30pm	Zumba 1 hr. class (Yazmin)	Sculpt X 5:35pm 30 min. class (Debi) (class may start late due to Karate Classes)	Pump You Up 1 hr. class (Velda) Youth Fit Zone 30 min. class (Wellness Center)			
6:00pm		Boot Camp 6:05pm 1 hr. class (Debi)		Cardio Ball & Core 6:00pm-7:00pm (Velda)		
6:30pm	Cardio & Core 6:30pm - 7:30pm (Velda)		Yoga Stretch 1 hr. class (Velda)			
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."