

March 2010			Healthy Kids Ctr	Cycle Room	Gym	Multi-Purpose Room	
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM	Iron Grip Muscle 6:00-6:45	Cycle 6:00-6:45		Cycle 6:00-6:45	Power Yoga 6:00-7:00		
AM	Combo Cardio 8:30-9:30	Muscle S 8:30-9:30	Combo Cardio 8:30-9:30	Muscle S 8:30-9:30	Flexible Strength S 8:30-9:30	*TaeKwon Do 8:15-9:00	
	Flexible Strength S 8:30-9:30	Flexible Strength S 8:30-9:30					
	Cardio Blast 9:30-10:30	Iron Grip Muscle 9:30-10:30	Cycle Express 9:00-9:30	Iron Grip Muscle 9:30-10:30	Zumba 9:30-10:30	Power Yoga 9:30-10:30	
	Pilates 1 S 9:30-10:30	Cycle 9:30-10:30	Pilates 2 9:30-10:30	Cycle 9:30-10:30	Cycle/Pump 9:30-10:30	Cycle Challenge 9:00-10:15	
			Cardio Blast 9:30-10:30				
	★ Zumba Gold S 10:30-11:30						
	Balance Challenge S 10:30-11:30	★ Absolutely Core S 10:30-11:00	Pure Stretch S 10:30-11:30		Pure Stretch S 10:30-11:30		
LUNCH	Cardio Lunch 12:00-12:30	Core Conditioning 12:00-12:30	Zumba Express S 12:00-12:30	Core Conditioning 12:00-12:30	Cardio Lunch 12:00-12:30		
PM							★ Cycle Challenge 2:00-3:15
	Pilates 1 S 4:30-5:30	Muscle S 4:30-5:30	Flexible Strength S 4:30-5:30	Muscle S 4:30-5:30			
	Cross Training 5:30-6:30	Zumba 5:30-6:30	★ Kids Zumba 4:30-5:30				
	Cycle 5:30-6:30	Cycle 5:30-6:30	Zumba 5:30-6:30	Cardio Blast 5:30-6:30			
	★ Zumba 6:30-7:30	* TaeKwon Do 5:30-6:30	Outdoor Boot Camp 5:30-6:30	Cycle 5:30-6:30			
	★ Absolutely Core 6:30-7:00			* TaeKwon Do 5:30-6:30			
		Hatha Yoga 6:00-7:15					

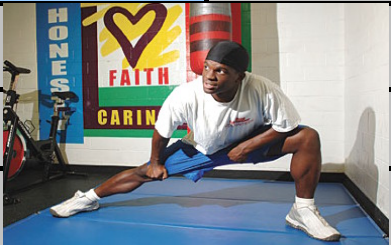
All Classes Marked with an 'S' are considered Starter Classes

All classes marked with a '★' are NEW Classes on the schedule

All group fitness classes are **FREE** with your YMCA Membership -- *except* those annotated with a\*

Fee Based Classes:  
\* TaeKwon Do

\*\*Check weekly schedule at front desk.



**Group Fitness Coordinator**  
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