



# CENTRAL BRANCH YMCA GROUP HEALTH AND WELLNESS PROGRAMS

Fall 2010

## STUDIO A

| Monday   | Tuesday   | Wednesday   | Thursday  | Friday  | Saturday   |
|--|---|---|---|---|--|
| 6:00-7:00 am<br><b>Muscle &amp; Core Conditioning</b><br>Ivette<br><i>Se habla Español</i> | 6:00-7:00am<br><b>Yoga</b><br>Jennifer  |   | 6:00-7:00am<br><b>Total Fitness Blast</b><br>Andy                                       |   | 8:00-9:00 am<br><b>*New Core Conditioning</b><br>Sue J.    |
| 9:30-10:30 am<br><b>SilverSneakers® II</b><br>Stacy  |   | 9:30-10:30 am<br><b>SilverSneakers® I</b><br>Stacy                                      |   | 9:30-10:30 am<br><b>SilverSneakers® I</b><br>Stacy        | 9:00-10:00 am<br><b>*New Total Fitness Blast</b><br>Sue J. |
| 11:00-12 noon<br><b>Pilates</b><br>Stacy   | 11:30-12:30<br><b>Fit-n-Firm</b><br>Sue C.  | 11:00-12 noon<br><b>Pilates</b><br>Stacy  | 11:30-12:30<br><b>Fit-n-Firm</b><br>Sue C.  | 11:00-12 noon<br><b>Pilates</b><br>Stacy                  |  |
|  |   |   |   | 4:00-9:00 pm<br><b>YMCA 8 Count Dance Team</b><br>*CLOSED |  |
| 6:00-7:00 pm<br><b>Boxing Conditioning</b><br>Gil  | 6:00-7:00 pm<br><b>Boxing Conditioning</b><br>Gil                                       | 6:00-7:00 pm<br><b>Boxing Conditioning</b><br>Gil                                       | 6:00-7:00 pm<br><b>Boxing Conditioning</b><br>Gil                                       |   |  |
| 7:00-8:00 pm<br><b>Boxing Training</b><br>Gil<br><i>In boxing room off of Large Gym</i>    | 7:00-8:00 pm<br><b>Boxing Training</b><br>Gil<br><i>In boxing room off of Large Gym</i> | 7:00-8:00 pm<br><b>Boxing Training</b><br>Gil<br><i>In boxing room off of Large Gym</i> | 7:00-8:00 pm<br><b>Boxing Training</b><br>Gil<br><i>In boxing room off of Large Gym</i> |   |  |
| 7:30-8:30 pm<br><b>Pilates</b><br>Stacy  |   | 7:30-8:30 pm<br><b>Pilates</b><br>Stacy   |   |   |  |

## STUDIO B

| Monday | Tuesday                                 | Wednesday  | Thursday                               | Friday | Saturday   |
|--------|---|--|--|--------|--|
|        |   | 6:00-7:00 am<br><b>Cycling</b><br>Brenda/Walter                |  |        | 9:00-10:00 am<br><b>Cycling</b><br>John<br>*no class 9/4 |
|        | 6:00-7:00 pm<br><b>Cycling</b><br>Nicky | 5:30-6:30 pm<br><b>Zumba</b><br>Ana<br><i>Se habla Español</i> | 6:00-7:00 pm<br><b>Cycling</b><br>John |        |  |