



CENTRAL BRANCH YMCA

GROUP HEALTH AND WELLNESS PROGRAMS

Summer 2010

STUDIO A

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-7:00 am Muscle & Core Conditioning Ivette <i>Se habla Español</i>	6:00-7:00am Yoga Jennifer		6:00-7:00am Total Fitness Blast Andy		8:00-9:00 am Pilates Stacy/Sue
9:30-10:30 am SilverSneakers® II Stacy		9:30-10:30 am SilverSneakers® I Stacy	9:00-9:45 am SilverStretch® Yoga July 7 th moved to Wed. 10:30 to Studio B	9:30-10:30 am SilverSneakers® I Stacy	9:00-10:00 am Beginner Pilates Stacy/Sue
11:00-12 noon Pilates Stacy	11:30-12:30 Fit-n-Firm Sue	11:00-12 noon Pilates Stacy	11:30-12:30 Fit-n-Firm Sue	11:00-12 noon Pilates Stacy	
Yoga Moved to Studio B	5:00-6:00 pm Hip-Hop Aerobics Aubrey			4:00-9:00 pm YMCA 8 Count Dance Team *CLOSED	1:00 – 3:00 pm Kuk Sool Won Ken
6:00-7:00 pm Boxing Conditioning Gil	6:00-7:00 pm Boxing Conditioning Gil	6:00-7:00 pm Boxing Conditioning Gil	6:00-7:00 pm Boxing Conditioning Gil		
7:00-8:00 pm Boxing Training Gil <i>In boxing room off of Large Gym</i>	7:00-8:00 pm Boxing Training Gil <i>In boxing room off of Large Gym</i>	7:00-8:00 pm Boxing Training Gil <i>In boxing room off of Large Gym</i>	7:00-8:00 pm Boxing Training Gil <i>In boxing room off of Large Gym</i>		
7:30-8:30 pm Pilates Stacy		7:30-8:30 pm Pilates Stacy			

STUDIO B

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		6:00-7:00 am Cycling Brenda		6:00-7:00 am Cycling Nicky	9:00-10:00 am Cycling Nicky / John
		10:30-11:15 am SilverStretch® Yoga (July 7th) Sherry			
7:00-8:00 pm Yoga Colleen	6:00-7:00 pm Cycling Nicky	5:30-6:30 pm Zumba Ana <i>Se habla Español</i>	6:00-7:00 pm Cycling John		