



**Daily Family YMCA
Fall 2010 FITNESS SCHEDULE**

Effective August 12, 2010

Mon	Tue	Wed	Thu	Fri	Sat	Sun
AEROBICS ROOM						
morning						
8-8:40 am Step it Up!	7:15-7:45 am Latin Dance	8-8:30 am Step it Up!	7:15-7:45 am Latin Dance	8-8:40 am Step it Up!	8:30-9:30 am Yoga	
8:45-9:10 am Short Spin CYBEX Room	8-9 am Yoga Over 50	8:30-9 am Body Toning 101	8-9 am Yoga Over 50	8:45-9:30 am Spinning CYBEX Room	10-11 am Cardio Combo	
9:15-10:15 am Total Cardio	9:15-10:15 am Yoga	9:15-10:15 am Sculpt & Tone	9:15-10:15 am Turbo Kick!	9:15-10:15 am <i>Zumba!</i>		
10:15-11:15 am Pilates/Toning	10:15-11:15 am Boot Camp	10:15-11:15 am Pilates 11:15 am-noon Baby & Me Pilates	10:15-11:15 am Boot Camp	10:15-11:15 am Sculpt & Tone 11:30 am-12:30 pm Yoga		
afternoon						
4:30-5:30 pm Hip Hop Hooray!		4:30-5:30 pm Hip Hop Hooray!		4:30-5:30 pm Hip Hop Hooray!		
Note: Monday - Thursday evening classes are 'Families Fit Together' classes - kids welcome!						
evening						
6-7 pm Turbo Kick!	6-7 pm Yoga 6-7 pm Spinning CYBEX Room	6-7 pm Boot Camp	6-7 pm Yoga	Family Fun Night! Swim, play volleyball, basketball, work out, or skate! (Check skating schedule!)		
7-8 pm Sculpt & Tone	7-8 pm Kickboxing	7-8 pm <i>Zumba!</i>	7-8 pm Total Body Toning			
POOL						
morning						
8-9 am Water Aerobics	9:15-10:45 am Water Volleyball	8-9 am Water Aerobics	9:15-10:45 am Water Volleyball	8-9 am Water Aerobics	9:15-10:15 am Aqua Challenge	
9:15-10:15 am Aqua Challenge		9:15-10:15 am Aqua Challenge		9:15-10:15 am Aqua Challenge	11:30 am-1 pm Water Volleyball	
10:30-11:30 am Twinges & Hinges		10:30-11:30 am Twinges & Hinges		10:30-11:30 am Twinges & Hinges		
evening						
6-7 pm Aqua Challenge	6-7 pm Aqua Challenge 7-9 pm Water Volleyball	6-7 pm Aqua Challenge	6-7 pm Aqua Challenge 7-9 pm Water Volleyball			