



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

WINTER 2010-2011 FITNESS SCHEDULE

Effective December 1, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
AEROBICS RM						
morning						
8-8:30 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	8-8:30 am Step It Up!	8:30-9:30 am Yoga	
8:30-9 am Body Toning 101	8-9 am Yoga Over 50	8:30-9 am Body Toning 101	8-9 am Yoga Over 50	8:30-9 am Body Rock!	10-11 am Cardio Combo	
8:45-9:10 am Short Spin CYBEX Room	9:15-10:15 am Yoga	9:15-10:15 am Sculpt & Tone	9:15-10:15 am Turbo Kick!	8:45-9:30 am Spinning CYBEX Room		
9:15-10:15 am Total Cardio	10:15-11:15 am Boot Camp	10:15-11:15 am Pilates	10:15-11:15 am Boot Camp	9:15-10:15 am <i>Zumba!</i>		
10:15-11:15 am Pilates/Toning		11:15 am-noon Baby & Me Pilates		10:15-11:15 am Sculpt & Tone		
afternoon						
4:30-5:30 pm <i>Hip Hop Hooray!</i>		4:30-5:30 pm <i>Hip Hop Hooray!</i>				
evening*						
6-7 pm Turbo Kick!*	6-7 pm Yoga*	6-7 pm Boot Camp*	6-7 pm Yoga*	Family Fun Night! Swim, play volleyball or basketball, work out, or skate! (Check skating schedule)		
	6-7 pm Spinning* CYBEX Room					
7-8 pm Sculpt & Tone	7-8 pm Kickboxing	7-8 pm <i>Zumba!</i>	7-8 pm Dance Remix			
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	6-7 pm Aqua Challenge	6-7 pm Aqua Challenge			
	7-9 pm Water Volleyball		7-9 pm Water Volleyball			

***Note: Monday-Thursday evening classes are "Families Fit Together" classes – kids are welcome!**

Daily Family YMCA · 134th & Memorial · Bixby OK
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