

YMCA Group Group Exercise

August 2010

H2O Aerobics, Pilates, Sculpt, Step, Zumba, Rock-Hard-Abs, Rock-Hard-Results






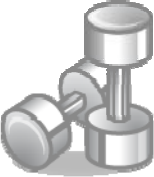

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 Traci ZU 5:30 Traci RHA 6:30 Adam</p>	<p><u>Morning Class</u> ST 5:30am Vivian</p> <p><u>Evening Classes</u> ZU 5:30 pm Traci H2O 5:30 Fran</p>	<p><u>Morning Classes</u> H2O 7:00 Fran RHA 8:30 Adam RHR 9:00 Adam S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 pm Traci ZU 5:30 Traci</p>	<p><u>Morning Classes</u> ST 5:30 Vivian RHA 8:30 Adam RHR 9:00 Adam</p> <p><u>Evening Classes</u> RHA 6:30 Adam</p>	<p><u>Morning Classes</u> H2O 7:00 Fran ST/SC 8:30 Traci Silver Sneakers 11:00 Ellen</p> <p>No PM Classes</p>	ST 9:15 w/Vivian
8	9	10	11	12	13	14
	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 Traci ZU 5:30 Traci RHA 6:30 Adam</p>	<p><u>Morning Class</u> ST 5:30am Vivian</p> <p><u>Evening Classes</u> ZU 5:30 pm Traci H2O 5:30 Fran</p>	<p><u>Morning Classes</u> H2O 7:00 Fran RHA 8:30 Adam RHR 9:00 Adam S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 pm Traci ZU 5:30 Traci</p>	<p><u>Morning Classes</u> ST 5:30 Vivian RHA 8:30 Adam RHR 9:00 Adam</p> <p><u>Evening Classes</u> RHA 6:30 Adam</p>	<p><u>Morning Classes</u> H2O 7:00 Fran ST/SC 8:30 Traci Silver Sneakers 11:00 Ellen</p> <p>No PM Classes</p>	
15	16	17	18	19	20	21
	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 Traci ZU 5:30 Traci RHA 6:30 Adam</p>	<p><u>Morning Class</u> ST 5:30am Vivian</p> <p><u>Evening Classes</u> ZU 5:30 pm Traci H2O 5:30 Fran</p>	<p><u>Morning Classes</u> H2O 7:00 Fran RHA 8:30 Adam RHR 9:00 Adam S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 pm Traci ZU 5:30 Traci</p>	<p><u>Morning Classes</u> ST 5:30 Vivian RHA 8:30 Adam RHR 9:00 Adam</p> <p><u>Evening Classes</u> RHA 6:30 Adam</p>	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci Silver Sneakers 11:00 Ellen</p> <p>No PM Classes</p>	ST 9:15 w/Vivian
22	23	24	25	26	27	28
	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 Traci ZU 5:30 Traci RHA 6:30 Adam</p>	<p><u>Morning Class</u> ST 5:30am Vivian</p> <p><u>Evening Classes</u> ZU 5:30 pm Traci H2O 5:30 Fran</p>	<p><u>Morning Classes</u> H2O 7:00 Fran RHA 8:30 Adam RHR 9:00 Adam S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 pm Traci ZU 5:30 Traci</p>	<p><u>Morning Classes</u> ST 5:30 Vivian RHA 8:30 Adam RHR 9:00 Adam</p> <p><u>Evening Classes</u> RHA 6:30 Adam</p>	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci Silver Sneakers 11:00 Ellen</p> <p>No PM Classes</p>	
29	30	31				
	<p><u>Morning Classes</u> H2O 7:00 am Fran ST/SC 8:30 Traci S.S. 11:00 Ellen</p> <p><u>Evening Classes</u> PL 5:00 Traci ZU 5:30 Traci RHA 6:30 Adam</p>	<p><u>Morning Class</u> ST 5:30am Vivian</p> <p><u>Evening Classes</u> ZU 5:30 pm Traci H2O 5:30 Fran</p>				<p>*RHA-Rock Hard Abs</p> <p>*RHR-Rocks Hard Results</p>
ST - Step	SC - Sculpt	H2O- Water Aerobics		PL - Pilates	Silver Sneakers	ZU-Zumba

Karate and **Kumdo** are also offered here at our YMCA, Inquire at Front Desk for more information!



YMCA GROUP CYCLING

August 2010

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6	7
	CY 12:00 Jason CY 5:30 pm Cathy	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	
8	9	10	11	12	13	14
	CY 12:00 Jason CY 5:30 pm Cathy	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	
15	16	17	18	19	20	21
	CY 12:00 Jason CY 5:30 pm Cathy	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	
22	23	24	25	26	27	28
	CY 12:00 Jason CY 5:30 pm Cathy	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	CY 6:00 am Todd CY 5:30 pm Nicole	CY 12:00 Jason	
29	30	31				
	CY 12:00 Jason CY 5:30 pm Cathy	CY 6:00 Todd CY 5:30 pm Nicole				