

YHEALTH & WELL-BEING™

We build strong kids, strong families, strong communities.

Summer Session – May 31st to August 28th

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00 AM	TOTAL BODY BUILDING (Eddie) Studio B 'Y'		TOTAL BODY BUILDING (Eddie) Studio B 'Y'		TOTAL BODY BUILDING (Eddie) Studio B 'Y'	
8:30-9:30AM	YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥'Y'		YOGA PILATES ESSENTIALS (Jim) Studio A ☺♥'Y'			
9:00-10:00 AM	ADVANCED CARDIO BOXING (Eddie) Studio B 'Y'		ADVANCED CARDIO BOXING (Eddie) Studio B 'Y'		ADVANCED CARDIO BOXING (Eddie) Studio B 'Y'	
9:00-10:00 AM						TURBO STEP (Victoria) Studio B ☺'Y'
						GRAB BAG FITNESS 1 st Sat. of Each Month Studio B
9:45-10:30 AM	SS MUSCULAR STRENGTH & RANGE OF MOTION (Donna) Studio A ☺♥	SUPER CIRCUIT (Donna) Studio A ☺		CORE STRENGTH & STRETCH (Donna) Studio A ☺♥	Participants must be at least 13 years of age to take part in classes. All classes are subject to cancellation due to lack of member participation.	
10:00-11:00 AM				LITE CARDIO & SCULPT (Victoria) Studio B ☺	Fitness Level Key: SS = Silver Sneakers Classes ☺ = For students who have not exercised for a while, and for fit seniors. ♥ = For de-conditioned level students, senior and those exercising due to health issues. 'Y' = For intermediate and experienced exercisers ready for a greater challenge.	
10:45-11:30AM	SS YOGA STRETCH (Donna) Studio A ☺♥			MATURE AEROBIC DANCE (Donna) Studio A ☺		
10:45-11:30 AM		CORRECTIVE EXERCISE CLINIC (Donna) Studio A ☺♥'Y'				
5:00-6:00 PM					CARDIO & SCULPT (Alicia) Studio A ♥☺	
6:00-7:00 PM	CARDIO CONNECTION (Victoria) Studio A ☺'Y'	CARDIO STRENGTH EXPLOSION (Cathy) Studio B 'Y'	BODY BLAST STEP & SCULPT (Pam) Studio B ☺'Y'	BODY SCULPTING (Cathy) Studio B 'Y'		
7:00-8:00 PM	GET ON THE BALL (Alicia) Studio B ☺'Y'		ZUMBA (Jayme) Auditorium 'Y'			
7:00-8:00 PM	YOGA FOR EVERY BODY (Jim) Studio A ☺♥'Y'	ADVANCED CARDIO BOXING (Eddie) Studio B 'Y'	PILATES PLUS (Pam) Studio B ☺♥'Y'	ADVANCED CARDIO BOXING (Eddie) Studio B 'Y'		
8:00-9:00 PM		BEGINNER CARDIO BOXING (Eddie) Studio B 'Y'		BEGINNER CARDIO BOXING (Eddie) Studio B 'Y'		

