

## Northern Neck Family YMCA

May-08

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Step</b> Intensity Level: M 7:00am - 8:00am Barbara Clark		<b>Step</b> Intensity Level: M 7:00am - 8:00am Barbara Clark		<b>Step</b> Intensity Level: M 7:00am - 7:45am Barbara Clark	
<b>Body Design</b> Intensity Level: L 8:00am - 9:00am Violet Lewis		<b>Body Design</b> Intensity Level: L 8:00am - 9:00am Barbara Clark	<b>Cardio Ball</b> Intensity Level: M 8:30am-9:15am Suzanne Best	<b>Body Design</b> Intensity Level: L 8:00am - 9:00am Linda Hamilton	
<b>On The Ball</b> Intensity Level: L 9:15am - 10:00am Suzanne Best	<b>Low Impact, Muscle Work &amp; Stretch</b> Intensity Level: L 9:15am - 10:15am Linda Hamilton	<b>Multi Train</b> Intensity Level: M 9:15am - 10:15am Barbara Clark	<b>Modified Power Yoga</b> Intensity Level: M H 9:15am - 10:15am Suzanne Best		<b>*Cardio Mix*</b> 9:00am-10:00am Varies
<b>Interval Training</b> Intensity Level: H 10:00am - 11:00am Suzanne Best	<b>Modified Power Yoga</b> Intensity Level: M H 10:30am - 11:30am Suzanne Best		<b>Pilates Muscle Mix</b> Intensity level: M 10:30am - 11:30am Michele Faulkner	<b>Step Interval</b> Intensity Level: M 10:00am - 11:00am Linda Hamilton	<b>*Cardio Mix*</b> 10:15am- 11:15am Varies
<b>Senior Speciality</b> Intensity Level: L 11:15am - 12:15pm Violet Lewis		<b>Senior Speciality</b> Intensity Level: L 11:15am - 12:15pm Violet Lewis		<b>Senior Speciality</b> Intensity Level: L 11:15am - 12:15pm Meg Miller	
<b>Pilates</b> Intensity Level: M H 4:30pm-5:15pm Michele Faulkner		<b>Body Design</b> Intensity Level: L 4:30pm - 5:15pm Meg Miller			<b>Tae Kwon Do</b> 2:00pm - 4:00pm David Lipscomb
<b>Step Interval</b> Intensity Level: M H 5:30pm - 6:30pm Linda Hamilton	<b>Body Design</b> Intensity Level: L 5:30pm - 6:15pm Linda Hamilton	<b>Cardio Mix</b> Intensity Level: H 5:30pm - 6:30pm Suzanne Best	<b>Circuit Interval Training</b> Intensity Level: M H 5:30pm-6:30pm Mark Favazza	<b>Body Design</b> Intensity Level: L 5:30pm - 6:30pm Meg Miller	
		<b>Hatha Yoga</b> Intensity Level: L 6:45pm - 7:45pm Suzanne Best			

A branch of Peninsula Metropolitan YMCA

Revised 4/24/2008

### Hours of Operation

Mondays, Tuesdays, Thursdays 5:30am - 9:00pm  
 Wednesdays 5:30am - 8:30pm  
 Fridays 5:30am - 7:30 pm  
 Saturdays 7:30am - 5:00pm  
 Sundays 12:30pm - 5:30pm

### Intensity Levels: L= Low

M= Medium

H= High

### Saturday Cardio Mix Classes:

5/3- 9:00am Jazzercise with Marcia & 10:15 Yoga with Suzanne  
 5/10- 9:00am No Class & 10:15am Pilates with Michele  
 5/17- 9:00am Salsa & 10:15am Pilates with Suzanne  
 5/24- 9:00am Hi Lo with Linda & 10:15am Pilates with Michele  
 5/31-9:00am Cardio Mix & 10:15am Core with Suzanne

### Class Cancellations:

5/6- 10:30am Modified Power Yoga  
 5/8- 8:30am Cardio Ball  
 5/8- 9:15am Modified Power Yoga



WIN A \$10,000 SHOPPING SPREE  
 AT CHESAPEAKE & CRESCENT HOME!  
**RAFFLE TICKETS \$50**  
 Drawing June 28, 2008 at  
 The Ball in the Halls, Olympian Odyssey

Please note: It is recommended to consult your physician before starting an exercise program.

