

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

R.F. Wilkinson Family YMCA July 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling Karen 8:35AM - 9:20AM	Lite Yogafit Julie 8:30AM- 9:25AM			Lite Yogafit Julie 8:30AM- 9:25AM	Cardio Sculpt Deb 9:00AM-10:15AM
Zumba Jen 9:30AM - 10:20AM	ABS/Cardio Blast Lionel 9:30AM - 10:20AM	Group Cycling* Julie/Michelle 9:30AM - 10:15AM	ABS/Cardio Blast Lionel 9:30AM - 10:20AM	Group Cycling* Julie/Heather 9:30AM - 10:15AM	Group Cycling* Caroline 10:30AM - 11:15AM
Body Sculpting Jen 10:30AM - 11:15AM	ABS/Cardio Blast Lionel 10:30A.M-11:20A.M	PowerCut Julie/Michelle 10:30AM - 11:15AM	ABS/Cardio Blast Lionel 10:30A.M-11:20A.M	PowerCut Michelle 10:30AM - 11:15AM	
SilverSneakers® MSROM Lloyd 10:30AM - 11:25AM Multi-purpose Room	Arthritis Foundation Land Pat 9:45AM-10:45AM Multi-purpose Room	SilverSneakers® MSROM Lloyd 10:30AM - 11:25AM Multi-purpose Room	Arthritis Foundation Land Pat 9:45AM-10:45AM Multi-purpose Room		
	Pilates Gail 4:00PM - 4:50PM				
ABS/Cardio Blast Lionel 4:30PM-5:20PM	PowerCut Jean 5:30PM - 6:15 PM	Fit Yoga Robin 4:30PM - 5:20PM			
Group Cycling* Steven 5:30PM - 6:15 PM	Fit Yoga Amy 6:00PM-7:00PM	ABS/Cardio Blast Lionel 5:30PM - 6:20PM	PowerCut Christine 5:30PM - 6:15 PM	Group Cycling* ROTATION 5:30PM - 6:15 PM	When subs are needed, every effort is made to keep the class as scheduled. Occasionally, only a Yoga sub is available for Pilates and vice versa. Thank you for your understanding.
Boot Camp Lionel 6:30PM - 7:20PM Gym	Kickboxing Deborah 6:30PM - 7:20PM	Group Cycling* Caroline 6:30PM - 7:15PM	Zumba Jen 6:30PM - 7:20PM		
		Yoga Mayumi 6:45PM - 7:35PM Multi-purpose Room	Boot Camp Lionel 6:30PM - 7:20PM Gym		
<p>*All participants must register for cycling classes. Please arrive 5 minutes prior to start time for bike set-up. Class openings are posted on Sundays for the upcoming week's classes. New guidelines and sign-up procedures are available; see the Welcome Center for more information! All Group Exercise classes subject to change without notice. A branch of the Peninsula Metropolitan YMCA . Updated June 28, 2008</p>					