

**West Shore YMCA
Group Fitness and Spinning Program Class Schedule
July-August 2010**

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------------------|-------------------------------|------------------------------|---|-------------------------------|--------------------------|--|
| 6:15am | | | | Pilates July-Carol B August-Renee | | Muscle Works Samantha | |
| 6:30am | | | Yoga Cindy | | Yoga Cindy | | |
| 8:30am | | | | Abs Jo | | | Muscle Works Jon |
| 9:00am | | Cardio Intervals Renee | Cardio Kickboxing Jenn | | Cardio Kickboxing Tracy | Pilates Wendy | 9:35-11:00 Cardio Intervals Tracy |
| 10:00am | | Step Debbie | Cardio & Tone Tracy | Step Debbie | Step Lorri | Zumba Gold Angie | |
| 11:00am | | Jazzed Pilates Cindy | Muscle Works Tracy | Pilates Cindy | Muscle Works Tracy | Yoga Andrea H | |
| 12:00 | Absolute Abs Phil | | Yoga Andrea H | | Yoga Andrea H | | |
| 4:30pm | | Muscle Works Tracy | Muscle Works Andrea T | Muscle Works Tracy | | | |
| 5:30pm | | Cardio Kickboxing Tracy | | Cardio & Sculpt Heath | Pi/Yo Wendy | | |
| 6:00pm | Muscle Works Andrea T | | | | | | |
| 6:30pm | | Pilates Wendy | | Pilates Heath | | | |
| 7:00pm | Step Andrea T | | | | | | |
| 7:30pm | | | Step & Tone Kathy H | Cardio Kickboxing Ellen | Step & Tone Kathy H | | |
| 8:30pm | | | Yoga Andrea H | Muscle Works Jon | Yoga Andrea H | | |

Golden Classes, Yoga and Zumba/ AOA Studio

| Time | Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---------|--------------|---|-------------------------------------|----------------------|-------------------------------------|----------------------|---------------|
| 6:30am | | 6:15am Muscle Works Samantha | | | | | |
| 8:15am | | | Zumba Gold Jenn | | Zumba Gold Jenn | | Zumba Jenn |
| 9:00am | | Golden Lite Val | 9:15am Sit and Fit Val | Golden Lite Becky | 9:15am Sit and Fit Val | Golden Lite Becky | |
| 10:00am | | Beginner/Senior Yoga Carol | Golden Pilates Val | | Beginner/Senior Yoga Carol | Zumba Jenn | |
| 10:15am | | | | Zumba Angie | | | |
| 11:00am | | | Zumba Sandy | | | | Zumba Zoe |
| 12:00pm | | Zumba Zoe | | | | | |
| 12:30pm | Zumba Zoe | | | | | | |
| 4:30pm | | | Zumba Michelle | | Zumba Sandy | Zumba Sandy/Jenn | |
| 5:30pm | | Zumba Zoe | Zumba Zoe | | Zumba Zoe | | |
| 6:30pm | | | Cardio Kickboxing Karen | | Cardio Kickboxing Karen | | |
| 8:00pm | | | | Zumba Sandy | 7:30pm Zumba Zoe | | |

