

**West Shore YMCA
Group Fitness and Spinning Program Class Schedule
May-June 2010**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am				Pilates Stacy		Muscle Works Samantha	
8:30am				Abs Jo			Muscle Works Jon
9:00am		Cardio Intervals Renee	Cardio Kickboxing Jenn	Zumba Toning** Pay Class Susan/Mary	Cardio Kickboxing Tracy	Pilates on Ball Stacie	9:35-11:00 Cardio Intervals Tracy
10:00am		Step Mary	Cardio & Tone Tracy	Step Debbie	Step Susan	Zumba Gold Mary	
11:00am		Jazzed Pilates Cindy	Muscle Works Tracy	Pilates Cindy	Muscle Works Jenn	Yoga Susan	
12:00	Absolute Abs Phil		Yoga Susan		Yoga Denise		
4:30pm		Muscle Works Tracy	Muscle Works Andrea	Muscle Works Tracy	Zumba Sandy		
5:30pm		Cardio Kickboxing Tracy		Cardio & Sculpt Heath	Pi/Yo Wendy		
6:00pm	Muscle Works Andrea						
6:30pm		Pilates Wendy		Pilates Heath			
7:00pm	Step Andrea						
7:30pm			Step and Tone Kathy H	Cardio Kickboxing Ellen	Step Kathy		
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	Yoga Cindy		Yoga Cindy		
8:15am			Zumba Gold Susan		Zumba Gold Susan		Zumba Jenn
9:00am		Golden Lite Val	9:15am Sit and Fit Kathy A	Golden Lite Becky	9:15am Sit and Fit Kathy A	Golden Lite Becky	
10:00am		Senior/Beginner Yoga Carol	Golden Pilates Kathy A	Zumba Susan	Golden Pilates Kathy A	Zumba Jenn	
11:00am			Zumba Sandy				Zumba Sandy
12:00pm		Zumba Susan					
4:30pm			Zumba Mary		Zumba Toning Pay Class**	Zumba Denise	
5:30pm		Zumba Zoe	Zumba Denise		Zumba Mary		
6:30pm			Cardio Kickboxing Karen		Cardio Kickboxing Karen		
8:00pm				Zumba Sandy	7:30pm Zumba Denise		

