

**West Shore YMCA  
Group Fitness and Spinning program class schedule  
January-February 2010**

**GROUP FITNESS/ AEROBICS STUDIO**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15am		Muscle Works		Pilates		Muscle Works	
8:15am			Zumba Gold	8:30-9:00 Abs	Zumba Gold		<b>8:30</b> Muscle Works
9:00am		Cardio Intervals	Cardio Kickboxing	Zumba	Cardio Kickboxing	Pilates on ball	<b>9:35-11:00</b> Cardio Intervals
10:00am		Step	Cardio & Tone	Step	Step	Zumba Gold	
11:00am		11:00-11:45 Jazzed Pilates	11:00-11:45 Muscle Works	11:00-11:45 Pilates	Muscle Works	11:00-11:45 Yoga	
12:00	Absolute Abs		Yoga		Yoga		
4:30pm		Muscle Works	Cardio Crazy	Muscle Works	Zumba		
5:30pm	<b>6:00pm</b> Cardio & Sculpt	Cardio Kickboxing		Cardio & Sculpt	Pi/Yo Wendy		
6:30pm	<b>7:00pm</b> Step	Pilates	Cardio Kickboxing	Pilates Heath	Cardio Kickboxing		
7:30pm		Cardio Boost	Step and Tone	Cardio Kickboxing	Step		
8:30pm		Pilates on the ball		Muscle Works			

**Golden Classes, Yoga and Zumba/ AOA Studio**

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:30am			Yoga		Yoga		
9:00am		Golden Lite	9:15am Sit and Fit	Golden Lite	9:15am Sit and Fit	Golden Lite	<b>8:15am</b> Zumba
10:00am			Golden Pilates		Golden Pilates	<b>10:00am</b> Zumba	9:30-10:00 <b>Zumbatonic (kids)</b>
12:00pm	<b>12:15pm</b> Zumba	Zumba	<b>11:00 am</b> Zumba				<b>11:00am</b> Zumba
4:30pm			Zumba			Zumba	
5:30pm		Zumba	Zumba		Zumba		
8:00pm				Zumba	<b>7:30pm</b> Zumba		

*Instructor holds the right to cancel class if there are less than 6 participants. .*

CLASSES FREE TO ALL MEMBERS \*\*\*Zumba Toning must register at front desk- fee applies

Zumba kids- ages 9-14 class – must register at front desk- FREE class to members

PROGRAM MEMBERS (2 Month Sessions)

1 CLASS PER WEEK \$35.00      2 CLASSES PER WEEK \$65.00

FLEXI-PASS (INCLUDES SPINNING) \$80.00      ZUMBA CLASSES DROP IN \$10.00 PER CLASS

