

**West Shore YMCA**  
**Group Fitness and Spinning program class schedule**  
**Sept/Oct 2009**

**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		
11:00am		Jazzed Pilates	Muscle Works	Pilates	Muscle Works	Yoga	
12:00	Absolute Abs		Yoga	Zumba	Yoga		
4:30pm		Muscle Works		Muscle Works		Zumba	
5:30pm	<b>6:00pm</b> Cardio & Sculpt	Cardio Kickboxing		Cardio & Sculpt	Pi/Yo		
6:30pm	<b>7:00pm</b> Step	Pilates	Cardio Kickboxing	Pilates	Cardio Kickboxing		
7:30pm			Step and Tone	Cardio Crazy	Step		
8:30pm			Pilates	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	
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		

CLASSES FREE TO ALL 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

