

West Shore YMCA
Group Fitness class Schedule
Nov/Dec 2008
737-0511

Aerobics Studio

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:15-7:15am		Muscle Works/ Samantha	6:30-7:30am Yoga/Cindy AOA room	Pilates/ Carol	6:30-7:30am Yoga/ Cindy AOA room	Muscle Works/ Samantha	
8:15-9:00am			Golden Cardio/ (SR) Susan	8:30am Core Work/ Jo	Golden Cardio/(SR) Susan		
9:00-10:00am		Cardio Intervals/ Renee	Cardio Kickboxing/ Jenn	Zumba/ Susan	Cardio Kickboxing/ Tracy	Mix it up/ Core and Muscle / Mary	8:30-9:30am Muscle Works/Jon
10:00-11:00am		Team Step (B,I,A) Mary & Susan	Cardio & Tone/ Tracy	Step/ Debbie	Step/ Susan	Zumba/ Susan	9:35-11:00am Athletic Challenge/ Marisa
11:00-11:45am		Jazzed up Pilates/ Cindy	Muscle Works/ Tracy (B,I)	Pilates/ Cindy	11-noon Muscle Works/ Susan (I,A)	Yoga/ Susan (B,I)	11-noon Zumba
Noon-1pm	Zumba	Zumba/ Susan	Yoga/ Susan	Zumba/ Mary	Boot Camp/ Lorri	Zumba/ Mary 11-28	Absolute Abs/ Jim Dec 6
1:00-2:00pm		Zumba/ Denise 12-1					
4:30-5:30pm	5-6pm Cardio Bar/ Marisa	Muscle Works/ Tracy	Zumba/ Susan Dec 2	Muscle Works/ Tracy	Zumba/ Mary Dec 4	Zumba/ Denise Dec 5	
5:30-6:30pm	6-7 pm Classic Pilates (B) Marisa	Zumba/ Mary	Zumba/ Denise	Cardio & Sculpt/ Heath	Zumba/ Denise Pi/Yo- AOA room/ Wendy	Butts & Guts/ Lorri	
6:30-7:30pm	7-8pm Step/ Andrea	Pilates/ Wendy	Cardio Kickboxing/ Karen	Pilates/ Heath	Cardio Kickboxing/ Karen	Step/ Colleen	
7:30-8:30pm		Step 2/ Marisa (I,A)	Step and Tone (B,I)/ Kathy	Step 2/ Marisa (I,A)	Turbo Step- Adv Pilates/ Marisa		
8:30-9:15pm		Power Yoga Classic Pilates/ Marisa	Circular pilates- Yoga Marisa	8:30-9:30 Muscle Works/ Jon			

Spin Studio

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:15am		Carol	To 6:30 Cindy	Carol	To 6:30 Dan	Judd	
8:00-9:00am		Jo		8:00-8:30 Jo 8:30-9:00 Core Work		???	7:30-8:30am Jon
9:00-10:00am		Angie		Angie			
10:00-11:00am							Andrea
Noon-1pm	12:45-2pm Dan				Annie		
4:30-5:30pm		Lori		Andrea		Lori	
5:30-6:30pm		5:45-6:45 Jon	Heath	5:45-6:45 Debra	Heath		
7:30-8:30pm		Lorri	Marisa		Dan		

Classes free to All Members
Program Members
1 class/wk \$35.00
2 classes/wk \$65.00
Flexi pass (includes Spinning) \$80.00

B- Beginner I- Intermediate A-Advanced SR-Senior
Classes subject to change

