

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	6:30-7:30am Yoga AOA room	Pilates/	6:30-7:30am Yoga AOA room	Muscle Works	
8:15-9:00am			Golden Cardio (SR)	8:30am Core Work	Golden Cardio/(SR)		
9:00-10:00am		Cardio Intervals	Cardio Kickboxing	Zumba	Cardio Kickboxing	Mix it up/ Core and Muscle	8:30-9:30am Muscle Works
10:00-11:00am		Step (B,I,A)	Cardio & Tone	Step	Step	Zumba	9:35-11:00am Athletic Challenge
11:00-11:45am		Jazzed up Pilates	Muscle Works (B,I)	Pilates	11-noon Muscle Works (I,A)	Yoga (B,I)	11-noon Zumba
Noon-1pm	Zumba	Zumba	Yoga	Zumba	Boot Camp	Zumba/ Begins 11-28	Absolute Abs/ begins 12-6
1:00-2:00pm		Zumba 12-1					
4:30-5:30pm	5-6pm Cardio Bar/ Defined Behind	Muscle Works/	Zumba/ Begins 12-2	Muscle Works/	Zumba/	Zumba/ Begins 12-5	
5:30-6:30pm	6-7 pm Classic Pilates (B)	Zumba	Zumba	Cardio & Sculpt	Zumba/ Begins 12-4 Pi/yo AOA room	Butts & Guts	
6:30-7:30pm	7-8pm Step/	Pilates Wendy	Cardio Kickboxing	Pilates	Cardio Kickboxing	Step	
7:30-8:30pm		Step 2 (I,A)	Step and Tone (B,I)	Step 2 (I,A)	Turbo Step- Adv Pilates		
8:30-9:15pm		Power Yoga Classic Pilates	Circular pilates- Yoga	8:30-9:30 Muscle Works			

Spin Studio

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:35-6:15am		Class	To 6:30 Class	Class	To 6:30 Class	Class	
8:00-9:00am		Class		8:00-8:30 Class 8:30-9:00 Core Work		Class	7:30-8:30am Class
9:00-10:00am		Class		Class			
10:00-11:00am							Class
Noon-1pm	12:45-2pm Class		Class Begins 12-2		Class		
4:30-5:30pm		Class		Class		Class	
5:30-6:30pm		5:45-6:45 Class	Class	5:45-6:45 Class	Class		
7:30-8:30pm		Class	Class		Class		

***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

