

2010 YMCA GROUP FITNESS SCHEDULE

Free to Members

Class Name	Day	Time	Instructor	Level	Location	Member/Mo.	Non-Member/Mo.
Cardio Mix / Step	M/F	9:30-10:30 am	Lisa/Quinn	1,2,3	Firley MPR	Free	\$20
	Sun	2:00-3:00 pm	Kelly	1,2,3	Firley MPR	Free	\$20
Muscles N Motion	M/W/F	12:15-12:45 pm	Brenda	2,3	Firley Tennis Courts	Free	\$20
Beginning Step & Cardio	T/Th	5:30-6:15 pm	Agnes	1,2	Knowles Gym	Free	\$20
Aero Step	M/W	5:30-6:15 pm	Martha	1,2,3	Knowles Gym	Free	\$20
Fit Xpress	T/Th	12:15-12:45 pm	Dana	1,2,3	West MPR	Free	\$20
Basic Floor Fitness	M/W	12:15-12:45 pm	Kelly Melanie L.	1,2,3	West MPR	Free	\$20
Floor, Core & More	Mon	4:30-5:15 pm	Lisa	1,2,3	West MPR	Free	\$20
Muscular Strength Range of Motion (Senior Fitness Class)	M/W	12:15-1:00 pm	Donna	1	Knowles Annex	Free	\$20

Specialty Classes

Class Name	Day	Time	Instructor	Level	Location	Member/Mo.	Non-Member/Mo.
Boot Camp	M/W	5:30-6:30 pm	Sarah	2,3	Firley Gym	\$50	\$75
	T/Th	6:00-7:00 am	Joe	2,3	Firley Gym	\$50	\$75
Circuit Challenge	Sat	9:30-10:30 am	Will Veronica	2,3	West MPR	\$12	\$24
Ropes & Reps	T/Th	5:30-6:15 pm	Megan/Sarah	2,3	West MPR	\$12	\$24
Zumba	M	5:30-6:15 pm	Dulce	1,2,3	West MPR	\$12	\$24
	W	6:00-6:45 am	Dulce	1,2,3	Firley MPR	\$12	\$24
	Sat	8:30-9:15 am	Dulce	1,2,3	West MPR	\$12	\$24
Hard Core	M/W/Th	8:15 -8:45 am	Angela	1,2,3	West MPR	\$18	\$36
Cross Box	T/Th	8:30-9:30 am	Teresa/Quin Mel	2,3	Firley Gym	\$18	\$36
	T/Th	5:30-6:30 pm	Kelsey/Lori	2,3	Firley Gym	\$18	\$36
Bosu Cross Train	M/W	9:00-9:45 am	Suzette	2,3	West MPR	\$18	\$24
Super Sculpt	T/Th	5:30-6:30 pm	Janet	1,2,3	Firley MPR	\$16	\$32
Strike!	W	5:30-6:15 pm	Lori/Dana	2,3	West MPR	\$12	\$24

Drop In (Day of Class) = Member \$5 or Non-Member \$7