

# GREATER JOHNSTOWN COMMUNITY YMCA

## Winter/Spring Health & Fitness Schedule 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15-6:15 am Boot Camp Gym		5:15-6:15 am Boot Camp Gym		5:15-6:15 am Boot Camp Gym	
9:00-10:00 am 2010 Moves and Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2010 Moves and Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2010 Moves and Grooves Program Room	7:30-8:30 am Saturday Morning Aerobics Gym
	9:00-10:00 am SilverSneaker® II Cardio Circuit Gym		9:00-10:00 am SilverSneaker® II Cardio Circuit Gym	9:00-10:00 am Drop 10 In 10 Program Room	8:45-9:30 am ZUMBA Program Room
10:30-11:30 am Tai Chi Program Room		10:30-11:30 am Tai Chi Program Room		10:15-11:15 SilverSneakers® YogaStretch Program Room	11:30 am Oriental Dance Program Room
10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:15-11:00 Pilates For Everybody Gym	
11:30 am-1:00 pm Discover Relaxation Within Program Room	12:15 -1:00 pm Lunchtime Power Hour Gym B	11:45 am-12:45 pm Eat Well for Life Program Room	12:15 -1:00 pm Lunchtime Power Hour Gym B		
1:00-1:45 pm YogaStretch Program Room	1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym		1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym	1:00-2:00 pm SilverSneaker® II Cardio Circuit Gym	
2:00-3:00 SilverSneakers® I Muscular Strength Gym		2:00-3:00 SilverSneakers® I Muscular Strength Gym			
	5:30-6:10 YouthSpark 6:15-7:00 pm TweenSpark Gym		5:30-6:10 YouthSpark 6:15-7:00 pm TweenSpark Gym	4:00-4:45 pm AIM Ages 5-12 5:00-5:45 pm AIM Ages 13-17 Gym	
	5:15-6:15 pm Women's Strength Training Program Room		5:15-6:15 pm Women's Strength Training Program Room		
	5:30-6:30 pm Step It Lean Gym		5:30-6:30 pm Step It Lean Gym		
6:00-7:00 pm Y Corps Gym		6:00-7:00 pm Y Corps Gym		6:00-7:00 pm Y Corps Gym	
6:30-7:30 pm Pilates fortheAthlete Program Room	6:45-7:45 pm ZUMBA Gym	6:30-7:30 pm Drop 10 In 10 Program Room			
		7:30-8:30 Yoga Program Room			

This schedule is subject to change. Please call ahead to check space availability. 535-8381



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