

2008 SUMMER HEALTH & FITNESS SCHEDULE

HEALTH & FITNESS schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:15-6:15 am Boot Camp		5:15-6:15 am Boot Camp		
9:00-10:00 am 2008 Mooves & Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2008 Mooves & Grooves Gym	9:00-10:00 am Totally Lean Gym	9:00-10:00 am 2008 Mooves & Grooves Gym	8:15-9:15 am Saturday Aerobics Gym
10:30-11:30 am SilverSneakers® I Muscular Strength Gym	9:00-10:00 am Classic Conditioning Gym	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	9:00-10:00 am Classic Conditioning Gym		
	10:05-10:25 am Classic Cardio Gym		10:05-10:25 am Classic Cardio 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	10:30-11:30 am SilverSneakers® I Muscular Strength Gym	10:15-11:00 am SilverSneakers® I YogaStretch Program Room	
	11:30 am-1:00 pm Discover Relaxation Within I & II Program Room	Noon Eat Well for Life I & II Program Room			
	11:30 am-12:30 pm SilverSneaker® Equip. Orientations By Appointment		11:30 am-12:30 pm SilverSneaker® Equip. Orientations By Appointment		
	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			
	5:15-6:15 pm Women's Strength Training Program Room		5:15-6:15 pm Women's Strength Training Program Room		
5:30-6:30 pm Y Corps Gym		5:30-6:30 pm Y Corps Gym			
	6:00-7:00 pm Step Express Gym		6:00-7:00 pm Step Express Gym		
6:35-7:35 pm Pilates Program Room		6:30-7:30 pm Yoga Level I Program Room			

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

Stay Motivated...

- Meet with a YMCA Certified Personal Trainer
- Get a Body Composition Analysis
- Take one of our great Fitness Programs
- Have a one-on-one consultation with our Registered Dietician
- ***Keep up the good work!***

