



NIAGARA FALLS YMCA
FITNESS CLASS SCHEDULE
 February 2012

FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CYCLING 5:30AM-6:30AM SPORT YOGA 6:30AM-7:00AM		CYCLING INTERVAL 5:30AM-6:30AM 'NEW' SPORT YOGA 6:30AM-7:00AM		CYCLING 5:30AM-6:30AM SPORT YOGA 6:30AM-7:00AM	
	SILVERSNEAKERS MSROM 9:00AM-10:00AM	STRETCH CLASS 9:00-10:00AM	SILVERSNEAKERS MSROM 9:00AM-10:00AM	STRETCH CLASS 9:00-10:00AM	SILVERSNEAKERS MSROM 9:00AM-10:00AM	AMAZING ABS 9:30AM-10:00AM
				SILVER SNEAKERS Cardio Circuit 10:00AM-11:00AM		GROUP CYCLING 10:00AM-11:00AM
PILATES 3:00PM-4:00PM		ZUMBA 4:30PM-5:30PM				ZUMBA 11:15AM-12:15AM 'NEW'
	GROUP CYCLING 5:15-6:15 PM	GROUP CYCLING 5:45-6:45 PM	ZUMBA 5:30PM-6:30PM 'NEW'	GROUP CYCLING 5:45-6:45PM		
		JUJITSU 7:00PM-9:00PM		JUJITSU 7:00PM-9:00PM		

Cycling Interval - This class incorporates cycling intervals with off-bike intervals, including speed drills, plyometrics, and weight bearing exercises, to provide a full body workout.

Schedule subject to change. For more information call 285-8491.