

SOUTHTOWNS FAMILY YMCA

Wellness Schedule

Winter Session (January 2 – February 26, 2012)

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling 8:15-9:15 a.m.	Group Cycling 5:45-6:45 a.m.	Group Cycling 5:45-6:45 a.m.	Group Cycling 5:45-6:45 a.m.	Cycling Interval 5:45-6:45 a.m.	Group Cycling 5:45-6:45 a.m.	Cycling Orientation 7:00 – 7:30 a.m. (1/7, 2/4)
Fusion 9:15-10:15 a.m.	Boot Camp 5:45-6:45 a.m.	Body Conditioning 6:00-7:00 a.m.	Boot Camp 5:45-6:45 a.m.	Body Conditioning 6:00-7:00 a.m.	Boot Camp 5:45-6:45 a.m.	Step Aerobics 7:15-8:15 a.m.
Group Cycling 9:30-10:30 a.m.	Step Aerobics 6:00-7:00 a.m.	Beginner Pilates 7:00-8:00 a.m.	Step Aerobic s 6:00-7:00 a.m.	Beginner Pilates 7:00-8:00 a.m.	Step Aerobics 6:00-7:00 a.m.	Group Cycling 7:30-8:30 a.m.
Boxing 10:30 -11:30 a.m.	Yoga 7:00-7:30 a.m.	Fusion 8:15-9:15 a.m.	Yoga 7:00-7:30 a.m.	Fusion 8:15-9:15 a.m.	Yoga 7:00-7:30 a.m.	Amazing Abs 8:15-8:45 a.m.
Yoga 11:00 -12:00 p.m.	Amazing Abs 7:30-8:00 a.m.	Group Cycling 9:15-10:15 a.m.	Amazing Abs 7:30-8:00 a.m.	Group Cycling 9:15-10:15 a.m.	Amazing Abs 7:30-8:00 a.m.	Punk Rope 8:30 -9:15 a.m.
Intro to Zumba® 12:00 – 12:30 p.m. (1/8, 2/5)	Pi-Yo 8:30-9:30 a.m.	Healthy Back 9:30- 10:15 a.m.	Pi-Yo 8:30-9:30 a.m.	Healthy Back 9:30- 10:15 a.m.	Pi-Yo 8:30-9:30 a.m.	Fusion 8:45-9:45 a.m.
Zumba® 12:30-1:30 p.m.	Group Cycling 9:15-10:15 a.m.	Pi-Yo 10:30-11:30 a.m.	Cycling Orientation 8:45-9:15 am (1/4, 2/1)	Pi-Yo 10:30-11:30 a.m.	Swim Bike Run 8:15-11:00 a.m.	Growing Up Fit 9:00- 10:00 a.m
Zumba Toning® 1:30-2:00p.m.	Cardio Kickboxing 9:30-10:30 a.m.	Interval Training 10:45-11:30 a.m.	Group Cycling 9:15-10:15 a.m.	Interval Training 10:45-11:30 a.m.	Cardio Kickboxing 9:30-10:30 a.m.	Group Cycling 9:30-10:30 a.m
	Tai Chi 10:30-11:30 a.m.	Amazing Abs 11:30 a.m. – 12:00	Cardio Kickboxing 9:30-10:30 a.m.	Amazing Abs 11:30 a.m. – 12:00	Tai Chi 10:30-11:30 a.m.	Zumba ® 10:00-11:00a.m.
	Dao In Yoga 11:30 -12:30 p.m.	Hoopnotica® 12:00-1:00 pm	Tai Chi 10:30-11:30 a.m.	Power Yoga 12:00-1:30 p.m.	Dao In Yoga 11:30 a.m -12:30	Body Conditioning 10:00-11:00 a.m.
	Zumba® 11:30- 12:30 p.m.	Country Line Dancing 1:30-2:30 p.m.	Dao In Yoga 11:30 am- 12:30 pm	Country Line Dancing 1:30-2:30 p.m.	Intro to Zumba® 11:00-11:30 am (1/6, 2/3)	Dao In Yoga 11:00 a.m. – 12:00
	Zumba Gold® 12:30-1:30pm		Zumba ® 11:30-12:30pm		Zumba 11:30-12:30pm	Tai Chi 12:00-1:15 p.m.
	Body Conditioning (W) 12:30-1:30 p.m.		Zumba Gold® 12:30-1:30pm		Zumba Toning ® 12:30 – 1:30pm	
	Low Impact Cardio 1:45-2:45 p.m.		Body Conditioning (W) 12:30-1:30 p.m.		Body Conditioning (W) 12:30-1:30 p.m.	
		Interval Training 4:00-5:00 p.m.	Step Aerobics 4:15-5:15 p.m.	Interval Training 4:00-5:00 p.m	Low Impact Cardio 1:45-2:45 p.m.	
	Step Aerobics 4:15-5:15 p.m.	Teen Cycling 4:30-5:30 p.m.	Intermediate Pilates 5:15-6:15 p.m.	Teen Cycling 4:30-5:30 p.m.		
	Intermediate Pilates 5:15-6:15 p.m.	Body Conditioning 5:00-6:00 p.m.	Cycling Interval 6:15-7:15 p.m.	Body Conditioning 5:00-6:00 p.m.	Step Aerobics 4:15-5:15 p.m.	
	Zumba® 5:30- 6:30 p.m.	Hi/Low Aerobics 6:00-7:00 p.m.	Cardio Kickboxing 6:15-7 p.m.	Hi/Low Aerobics 6:00-7:00 p.m.	Intermediate Pilates 5:15-6:15 p.m.	
	Group Cycling 6:15-7:15 p.m.	Group Cycling 6:15-7:15 p.m.	Growing Up Fit 6:45- 7:45 p.m.	Zumba Toning ® 7:00-7:30 p.m.	Group Cycling 5:00-6:00 p.m.	
	Cardio Kickboxing 6:15-7:00 p.m.	Zumba Toning ® 7:00-7:30 p.m.	Amazing Abs 7:00-7:30 p.m.	Zumba® 7:30 – 8:30 p.m.	Cardio Kickboxing 6:15-7:00 p.m.	
	Amazing Abs 7:00-7:30 p.m.	Zumba® 7:30 – 8:30 p.m.	Fusion 7:30-8:30 p.m.	Yoga 8:30-9:30 p.m.	Hoopnotica® 7:00- 8:00 p.m.	
	Fusion 7:30-8:30 p.m.	Yoga 8:30-9:30 p.m.	Boxing 8:30-9:30 p.m.			

Note: * Classes in **bold** are held in the gym. All classes are free to members. Schedule subject to change. For more information call 972-0412