

# Y FITNESS 101

## Beginning & Basic Fitness Class Schedule

TIME	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15am		Aqua Rhythmics Jennifer 50Min (P)	Water Intensity Debbie45Min(P)	Aqua Rhythmics Jennifer 50Min (P)	Water Intensity Debbie45Min(P)	Aqua Rhythmics Jennifer 50Min (P)	Aqua Rhythmics Trudy 50Min (P)
9:10am		Aqua Rhythmics Jennifer 50 Min (P)	Arthritis Foundations Aquatic Program Sandra 50Min	Arthritis Foundations Aquatic Program Sandra 50Min	Arthritis Foundations Aquatic Program Sandra 50Min	Aqua Motion Jennifer 50min (P)	
9:15am							Fit 4 Everyone Trisha/Susan 45Min (A)
9:30am			Basic Sculpt & Tone Cathy 30 Min (B)		Basic Sculpt & Tone Trisha 30Min (B)		
10:00am			Basic Step Cathy 30Min (B)				
10:15am							Beginning Cycle Natasha 30Min
10:30am				Yoga Susan B 60Min (A)		Yoga Stretch Susan B 60Min (A)	
11:30am						Tai Chi Jennifer 45 min	
3:15pm	Yoga Sheri 75 Min						
4:10pm			Fit 4 Everyone Teresa Tu. 60 Min (A)	Restorative Yoga Sanieh 60 min	Fit 4 Everyone Teresa Tu. 60Min (A)		
4:30pm		Beginning Cycle Noley 30Min		Beginning Cycle Cathy 30 min (C.)			
5:30pm		Water Intensity Nicole 50Min	Aqua Rhythmics Denise 50Min	Water Intensity Heather 50Min	Water Intensity Kaley S. 50min (P)		
6:00pm						Splash Heather 50 min	
6:30pm		Beginning Cycle Natasha 45Min	Beginning Cycle Rachel 30 min (C)	Splash Heather 50 min	Beginning Cycle Rachel 30 min (C)		
7:15pm			Gentle Yoga Sheri 75 Min (A)		Yoga Sheri 75 Min (A)		

(A)=Aerobics Room

(B) = Activity Room

(C)= Group Cycling Room

(P)= Pool

