

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Studio A

	Monday	Tuesday	Wednesday	Thursday
9:00-10:00am	Core Training w/ Stability Ball 12 yrs + (Jamie)	Mommy & Me Yoga 1 1/2—5yrs NOVEMBER ONLY Lerin	Cardio Sculpt 12 yrs + (Jamie)	
10:00-10:45am		Silver Sneakers® Muscular Strength & Range of Movement (Lerin)		Silver Sneakers® Muscular Strength & Range of Movement (Sharon)
11:00-11:45am		Silver Sneakers® Yoga stretch & Flexibility (Lerin)		AM Yoga 12 yrs + (Sharon)
12:15 - 12:45pm		Abs 12 yrs + (Jamie/Karen)		Abs 12 yrs + (Jamie/Karen)
4:30-5:15 pm				
5:00-5:30pm	Youth Fit 8-12 yrs (Danny B)	Abs 12 yrs + (Danny S)		Abs 12 yrs + (Danny S)
5:30-6:15 pm	Circuit 16 yrs + (Danny B)	Core Training w/ Stability Ball 12 yrs + (Danny S)	Circuit 16 yrs + (Danny B)	Core Training w/ Stability Ball 12 yrs + (Danny S)
6:30-7:30 pm	Karate Registration required			Karate Registration required
7:30-8:30 pm	Karate Registration required			Karate Registration required

*All classes are suitable for any level or ability.

*Aerobics classes require participants to be age 16 or older unless otherwise noted.

*Please note that all classes are subject to instructor approval.

*See class descriptions located at Member Services desk.