

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Studio C

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------|--|---|--------------------------------------|---|--|--------------------------------|
| 5:35-6:20 am | | Spinning/Cycle 16 yrs + (Stephanie) | | Spinning/Cycle 16 yrs + (Stephanie) | | |
| 5:45am-6:30am | Core Training Stability Ball 12 yrs + (Jamie) | | Cardio Sculpt 12 yrs + (Jamie) | | | |
| 8:00-8:45am | | | | | | Spinning/ Cycle 16 yrs + |
| 11:15-12:00n | | Spinning/Cycle 16 yrs + (Jamie/Karen) | | Spinning/Cycle 16 yrs + (Jamie/Karen) | | |
| 12:15 - 1:00pm | Zumba 16 yrs + Robin | | Zumba 16 yrs + Robin | | Salsa Aerobics 12 yrs + (Sharon) | |
| 4:00-5:00pm | | Cardio Blast 12 yrs + (Kathy) | | Step Aerobics 16 yrs + (Sharon) | | |
| 5:00-5:30pm | | | Youth Fit 8-12 yrs (Danny B) | | | |
| 5:30-6:30 pm | Pumped Up Sculpt 16 yrs + (Sharon) | | | | | |
| 5:30 - 6:15 pm | | Spinning/Cycle 16 yrs + (Leslie) | | Spinning/Cycle 16 yrs + (Leslie) | | |
| 6:30-7:30pm | | Zumba 12yrs + (Carol) | | Zumba 12yrs + (Carol) | | |
| 6:30-7:30 pm | Pilates 12 yrs + (Sharon) | | Basic Yoga 12 yrs + (Lerin) | | | |

*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.