



County YMCA Health & Fitness Schedule

December-11

<i>Monday</i>			
Time	Class	Instructor	
6:00am	Class Choice	Karen R.	
8:15am	Resist-A-Ball	Kim	
9:15am	Step Interval	Theresa	
10:30am	Multi-level Yoga	Jean	
12:15pm	Hip-Hop	Amy K	
5:15pm	Step Interval	Rose	
6:30pm	Kickboxing	Amy	

<i>Wednesday</i>			
Time	Class	Instructor	
6:00am	BOSU Combo	Dawn	
8:15am	Core Strength	Kim	
9:15am	Y Pump	Theresa	
10:30am	Multi-level Yoga	Jean	
12:15pm	Hip-Hop	Amy K	
4:15pm	BOSU	Laura	
5:15pm	Y-Pump	Rose	
6:30pm	Aerobic Kickboxing	Amy	

<i>Friday</i>			
Time	Class	Instructor	
6:00am	Class Choice	Dawn	
8:15am	Resist-A-Ball	Kim	
9:15am	BOSU	Laura H	

<i>Tuesday</i>			
Time	Class	Instructor	Level
6:00am	Step Interval	Karen R.	
7:15am	Pilates	Michelee	
8:30am	Healthy Back	Kelly	
9:15am	Silver Sneakers (Gym)	Kim	
	Step /Zumba	Theresa/Heather	
5:15pm	Zumba	Mindy	
6:30pm	Multi-level Yoga	Jean	

<i>Thursday</i>			
Time	Class	Instructor	
6:00am	Step Aerobics	Karen R.	
7:15am	Pilates	Michelee	
8:30am	Healthy Back	Kelly	
9:15am	Silver Sneakers (Gym)	Kim	
	Zumba	Heather	
5:15pm	Zumba	Mindy	
6:30pm	Hi-Lo Aerobics	Steph	

<i>Saturday</i>			
Time	Class	Instructor	
7:15am	30 Minute Rebounder	Rose	
8:00am	Y Pump	Rose	
9:15am	Kickbox/BOSU/Zumba	Amy/Laura/Theresa	

<i>Sunday</i>			
Time	Class	Instructor	
11:00am	Pilates	Michelee	
1:00pm	ZUMBA	Amber	