

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

March-10

Monday

Time	Class	Instructor	
6:00am	Class Choice	Karen R.	
8:15am	Resist-A-Ball	Kelly G	
9:15am	Step Interval	Theresa	
10:30am	Multi-level Yoga	Jean	
5:15pm	Boot Camp (GYM)	Laura H	
5:15pm	Step Interval	Rose	
6:30pm	Pilates	Michelee	

Wednesday

Time	Class	Instructor	
6:00am	BOSU Combo	Dawn	
8:15am	Core Strength	Kelly G.	
9:15am	Y Pump	Theresa	
10:30am	Multi-level Yoga	Jean	
5:15pm	Y-Pump	Rose	
6:30pm	Aerobic Kickboxing	Amy	

Friday

Time	Class	Instructor	
6:00am	Rep Reebok	Dawn	
8:15am	Resist-A-Ball	Kelly G	
9:15am	ZUMBA	Heather	
5:30pm	Boot Camp	Tim	

Tuesday

Time	Class	Instructor	Level
6:00am	Step Interval	Karen R.	
7:15am	Pilates	Michelee	
8:30am	Healthy Back	Laura	
9:15am	Silver Sneakers (Gym)	Laura H.	
	Step Aerobics	Theresa	
5:15pm	BOSU	Laura H	
6:30pm	Zumba	Mindy	

Thursday

Time	Class	Instructor	
6:00am	Step Aerobics	Karen R.	
7:15am	Pilates	Michelee	
8:30am	Healthy Back	Laura	
9:15am	Silver Sneakers (Gym)	Kelly G.	
	BOSU	Laura H	
5:15pm	Step Interval	Theresa	
7:00pm	Multi-level Yoga	Jean	

Saturday

Time	Class	Instructor	
7:15am	30 Minute Rebounder	Rose	
8:00am	Y Pump	Rose	
9:15am	Basic BOSU/Kickboxing	Laura/Amy	

Sunday

11:00am	Pilates	Michelee	
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