

**** Requires Registration****Winter**

MONDAY			TUESDAY			WEDNESDAY		
5:30-6:30	Boot Camp	Kate	5:30-6:30	Rep Reebok	Mary	5:30-6:30	Boot Camp	Kate
8:15-9:15	Party Remix	Ellie	8:15-9:10	Rep Reebok	Tammy	8:15-9:15	Party Remix	Tammy
9:30-10:25	Total Body	Cary	9:30-10:25	Turbo Kick	Nancy Jo	9:30-10:25	Cardio Interval	Cary
10:45-11:30	Silver Sneakers MSROM	Lori	10:30-11:25	Rep Reebok	Michele	10:45-11:30	Silver Sneakers MSROM	Kate
12:00-12:30	Trekking ** Lower Level Fitness Center	Lori	12:15-1:00	Quick Zumba	Tammy	11:30-1:00	Page Turners Book Club 19 Minutes - Feb.	Margaret
12:15-1:15	Zumba	Emily	1:05-2:00	Pump It	Robin	12:00-12:30	Trekking ** Lower Level Fitness Center	Lori
4:30-5:25	Rep Reebok Plus +	Nancy Jo	4:30-5:25	Hip Hop Hustle	Missy	12:15-1:15	Quick Zumba	Alyssa
5:30-6:25	Turbo Kick	Nancy Jo	5:30-6:25	Weights & Abs	Debra	4:30-5:25	PiYo	Nancy Jo
6:30-7:25	Zumba Pump	Jess	6:30-7:25	Kickboxing	Doris	5:30-6:25	Step	Debra
7:30-8:25	Boot Camp	Ken	7:30-8:25	Adult Hip Hop	Alexa	6:30-7:25	Zumba	Ken
						7:30-8:25	Boot Camp	Ken
THURSDAY			FRIDAY			SATURDAY		
5:30-6:30	Rep Reebok	Mary	8:15-9:15	Party Remix	Tammy	8:00-8:55	Zumba	Ken
8:15-9:10	Rep Reebok	Tammy	9:30-10:25	Total Body	Kim	9:00-9:55	Rep Reebok Plus +	Nancy Jo
9:30-10:25	Turbo Kick	Nancy Jo	10:45-11:30	Silver Sneakers MSROM	Lori	10:00-11:00	Turbo Kick	Nancy Jo
10:30-11:25	Rep Reebok	Michele	12:00-12:30	Trekking ** Lower Level Fitness Center	Lori	11:30-12:00	Tiny Happy Feet	Joyce
12:15-1:00	Quick Zumba	Tammy	12:15-1:15	Zumba	Ken	12:00-1:00	Happy Feet	Joyce
1:05-2:00	Pump It	Robin	4:30-5:25	Rep Reebok Plus+	Nancy Jo	1:00-2:00	Ballet**	Alexa
5:30-6:25	Weights & Abs	Missy	5:30-6:25	Step	Jim	1:30-3:00	Dance Discovery **	Alexa
6:30-7:25	Step	Jim	6:30-7:30	Zumba Toning	Jess			
			7:30-8:25	Boot Camp	Ken			
						SUNDAY		
						10:15-11:10	Boot Camp	Cary/Lori
						11:15-12:10	Turbo/PiYo	Nancy Jo
						12:15-1:10	Zumba Toning	Staff

Schedule Subject to Change.

Check out www.ymcaerie.org for most current schedule update.