

# Studio 1 - 1R

# July

MONDAY		TUESDAY		WEDNESDAY		THURSDAY	
5:15 - 6:15	Brenda	5:30 - 6:30	Rep Reebok + Joan	8:30-9:15	Gianna	5:30 - 6:30	Rep Reebok + Joan
8:30 - 9:15	Gianna	8:15 - 9:10	Rep Reebok Nancy Jo/Olga	9:30-10:25	Cardio Shred Cary	8:15 - 9:10	Rep Reebok Cary
9:30 - 10:25	Cardio Shred Cary	9:30 - 10:25	Nancy Jo	10:45 - 11:30	Tobin	9:30 - 10:25	Nancy Jo
10:45 - 11:30	Robin	10:30 - 11:25	Rep Reebok Tobi	12:00 - 1:00	Olga	10:30 - 11:30	Rep Reebok Tobi
12:00 - 1:00	Ellie	11:30 - 12:25	WERK! James	1:15 - 2:30	Happy Feet Dance Club Joy	11:30 -12:25	WERK! James
2:15 - 3:45	Int/Adv Contemporary *Registration Required* James	12:30 - 1:00	Body Blast Becky	4:30 - 5:25	Nancy Jo	12:30 - 1:00	Body Blast Becky
4:30 - 5:25	Kellie	1:05 - 2:00	Pump It Robin	5:30-6:25	Line Dance Lorraine	1:05 - 2:00	Pump it Robin
5:30 - 6:25		4:30-5:25	**Taekwondo Fitness 8-13yr. old Keith	6:30 - 7:25	Core Fusion Ken	3:30-4:15	**Taekwondo Fitness 4-7yr. old Keith
6:30 - 7:25	Kellie	5:30 - 6:25	Chisel Ken	7:30 - 8:25	Ken	5:30 - 6:25	Nancy Jo
7:30 - 8:25		6:30 - 7:25	Kick Boxing Heidi			6:30 - 7:25	Kellie
FRIDAY		SATURDAY		SUNDAY		7:30 - 8:25	Line Dancing Lorraine
5:15 - 6:15	Boot Camp Brenda	8:00 - 8:55	Jamie	10:15 - 11:10	Becky/Beth	TURNERS BOOK CLUB For more information please contact (814) 868-0867	
8:30 - 9:15	Karen	9:00 - 9:55	Rep Reebok Plus + RaeAnne	11:15 - 12:10	Nancy Jo		
9:30 - 10:25	Cardio Shred Cindy	10:00 - 10:55	Nancy Jo	12:15 - 1:10	Kellie		
10:45 - 11:30	Gianna	11:00 - 11:55	Youth Kickboxing Collette	1:15 - 2:10			
12:00 - 1:00	Zumba Olga	12:00 - 1:00	Jamie				
4:30 - 5:25	Rep Reebok Plus + Nancy Jo						
7:30 - 8:25	Ken						

Schedule Subject to change. Check out [www.ymcaerie.org](http://www.ymcaerie.org) for most current schedule update.

**\*\*REGISTRATION REQUIRED\*\***





**INSANITY**



**INSANITY**