



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE **Butler-Gast YMCA**

M	T	W	TH	F	S
ZUMBA 6:15-7:15AM  ANITA		ZUMBA 6:15-7:15AM  ANITA		ZUMBA 6:15-7:15AM  ANITA	
		8:30-9:30am  BODY VIVE  CHRISTINA		8:30-9:30am  BODYVIVE  CHRISTINA	BODY PUMP 8:00-9:10AM  LANITA
	BODYVIVE  9:30-10:30AM  CHRISTINA		BODYVIVE  9:30-10:30AM  CHRISTINA		BODYVIVE  9:30-10:30AM  DELIA
	COMING SOON- SILVER SNEAKERS COMING SOON				TAI CHI MOVEMENT IMPROVEMENT 10:30-11:30
HIP HOP  5:40-6:25  RONDI	ULTIMATE COMBO 5:40-6:35PM  NICKY	HIP HOP  5:40-6:35PM  RONDI	BODY PUMP  5:40-6:35PM  SEWA	BELLY DANCE  5:40-6:35PM  MICA	
Tae Kwondo Children 6:30-7:15PM  Wilburn	HIP HOP  6:40-7:40PM  RONDI	ZUMBA  6:40-7:40PM  TEELA	ULTIMATE COMBO 6:40-7:40PM  NICKY		<i>*SUNDAY*</i>  1:30-2:30pm DENISE <i>*yoga*</i>
Tae Kwondo 16 and up 7:30-8:15PM  Wilburn	STEP 1  7:45-8:45PM  RONDI	BELLY DANCE  7:45-8:45PM  MICA			