



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FITNESS SCHEDULE

TWIN RIVERS YMCA—Fall I September 5–October 23, 2010

SUN	MON	TUES	WED	THUR	FRI	SAT
	Body Pump Pat 5:30-6:30am	Body Attack Kris 5:30-6:30am Athletic Conditioning Vern 7:00-8:00 am	Body Pump Pat 5:30-6:30am	Core Performance Vern 5:45-6:30am Athletic Conditioning (Pool) Vern 7:00-8:00 am	HIT (High Intensity Training) Vern 5:30-6:30am	Body Pump Pat 7:15-8:15am
	Body Pump Kris 8:15-9:15am	Top of the Hill Low Impact Judy 8:30-9:15am	Body Pump Teri 8:15-9:15am	Body Pump Kris 8:15-9:15 am	Top of the Hill Low Impact Judy 8:30-9:15am	Body Attack Renee 8:30-9:30am
	Body Pump Angela 9:30-10:30am <hr/> Group Cycling-Sheri 9:30-10:20 Teen Center	Yoga Teri 9:30-10:30am	Zumba Anna 9:30-10:15am	Body Attack Kris 9:30-10:30am	Body Pump Kris 9:30-10:30am	Body Pump Eillis 9:40-10:40am
		Tumbling Angie 5:00-6:00pm Ages: 4-5		BS/AS Kids Boot Camp Vern 4:30pm		Tumbling Angie 11:00am- 12:00pm Ages: 6-10
				Jr. Trainers Vern 6:00-7:00pm (Wellness Center)		Martial Arts Colby 2:00-4:00pm
	Body Attack Renee/Christy 5:30-6:30pm	Boot Camp Vern/Frank/Brian 5:00-6:00pm	Step/Body Sculpt Renee 5:30-6:30pm	Boot Camp Vern/Frank/Brian 5:00-6:00pm		
	Body Pump Renee 6:45-7:45pm	Group Cycling Dennis 6:00-6:50pm Teen Center	Body Pump Renee 6:45-7:45pm	Group Cycling Dennis 6:00-6:50pm Teen Center		
		Yoga Susan 6:30-7:30pm Martial Arts <hr/> Colby 5:45pm Little Dragons 6:45pm Youth/Adult		Martial Arts Colby 5:00pm Tiny Tigers 5:45pm Little Dragons 6:45pm Youth/Adult		