

YMCA 2012 FITNESS CLASSES

Effective 1/1/12

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM		<i>Sister Strive</i>		<i>Sister Strive</i>		
8:30 AM		8:30-9:00AM		8:30-9:00AM		
8:45 AM		\$10 mem/\$20 non-m		\$10 mem/\$20 non-m		
9:00 AM		Glutes		Glutes		<i>CARDIO</i>
9:15 AM		& Abs		& Abs		<i>KICKBOXING</i>
9:30 AM		9:00-9:30AM		9:00-9:30AM		9:00 - 10:00 AM
9:45 AM	SILVER	\$10 mem/\$20 non-m	SILVER	\$10 mem/\$20 non-m	SILVER	\$10 mem/\$20 non-m
10:00 AM	SNEAKERS		SNEAKERS		SNEAKERS	<i>Tumbling</i>
10:15 AM	9:45-10:45AM		9:45-10:45AM		9:45-10:45AM	<i>(Basic)</i>
10:30 AM	FREE mem/\$40 non		FREE mem/\$40 non		FREE mem/\$40 non	10:00-10:45am
11:00 AM						\$20 mem/\$40 non-m
PM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
						<i>Advanced</i>
						<i>Tumbling</i>
						11:00-11:45am
4:30PM						\$20mem/\$40 non-m
4:45 PM						
5:00 PM	LOW IMPACT		LOW IMPACT			
5:15 PM	Ball Aerobics		Ball Aerobics			
5:30 PM	5:00-6:00PM	LOW IMPACT	5:00-6:00PM	LOW IMPACT		
5:45 PM	FREE mem/\$40 non	Step	FREE mem/\$40 non	Step		
6:00 PM	<i>Total Body</i>	Aerobics	<i>Total Body</i>	Aerobics		
6:15 PM	<i>TONING</i>	5:30-6:30PM	<i>TONING</i>	5:30-6:30PM		
6:30 PM	6:00 -7:00PM	FREE mem/ \$40 non	6:00 -7:00PM	FREE mem/ \$40 non		
6:45 PM	\$20 mem/\$40 non-m	HIGH IMPACT	\$20 mem/\$40 non-m	HIGH IMPACT		
7:00 PM	SHOTOKAN	<i>Step Aerobics</i>	<i>Tumbling</i>	<i>Step Aerobics</i>		
7:15 PM	KARATE	6:30-7:30pm	<i>(Basic)</i>	6:30-7:30pm		
7:30 PM	7:00-7:45PM	FREE mem/ \$40 non	7:00-7:45pm	FREE mem/ \$40 non		
7:45 PM	\$20 mem/\$40 non-m	Yoga	\$20 mem/\$40 non-m	Yoga		
8:00 PM		!!!!!!!	<i>Advanced</i>	!!!!!!!		
8:15 PM		7:45 - 8:30pm	<i>Tumbling</i>	7:45 - 8:30pm		
8:30 PM		\$20 mem/\$40 non-m	8:00-8:45pm	\$20 mem/\$40 non-m		
8:45 PM			\$20mem/\$40 non-m			

All Fitness Classes are based on a 4-week session.

Check us out on the website: www.pikecountymca.org

Facebook: Pike County YMCA