



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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Y FITNESS SCHEDULE WINTER 2019

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
Ycycle 5:00-5:45 am Allison Avis (MP)	Total Body Contouring 5:45 - 6:45 am Caroline Crespino (AR)	Ycycle 5:00-5:45 am Allison Avis (MP)	Total Body Contouring 5:45 - 6:45 am Caroline Crespino (AR)	Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Restorative Yin Yoga 10:30-11:30am Ellen Harris(MP)
Insanity Live 8:05-9:00am Johanna Walker (AR)	Ycycle 8:00-9:00 am Allison Avis (MP)	Tabata 8:00- 9:00am Allison Avis (AR)	Boxing 8:15-9:00am Megan Casavechia(GM)	Ycycle 8:00-9:00am Nadine Hayek (MP)	Begins February 23rd
Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Beginner Yoga 9:00-10:00am Irina Isayeva (AR)	Aerobic Circuit 8:10-8:55am Cheryl Kerr (CR)	Beginner Yoga 9:00-10:00am Irina Isayeva (AR)	Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	
Combo Aerobics 9:00-10:00am Carrie Johnson (AR)		Combo Aerobics 9:00-10:00am Carrie Johnson (AR)	Chair Aerobics 10:10 - 10:55am Carrie Johnson (DR)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (CR)	
Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr(CR)	Ycycle 12:15 - 12:45pm Allison Avis (MP)	Chair Aerobics 10:10 - 10:55am Carrie Johnson (DR)	Ycycle 12:15 - 12:45pm Allison Avis (MP)	Schedule is subject to change without notice	
Chair Aerobics 10:10 - 10:55am Carrie Johnson (DR)	Barre 5:30 - 6:25pm Caroline Crespino (AR)	Body Contouring (Women Only) 9:00-10:00am Cheryl Kerr (CR)	Barre 5:30 - 6:25pm Caroline Crespino (AR)		
Manic Monday 5:30 - 6:25pm Kathy Smith (AR)	Aerobic Circuit 6:00 - 6:30pm Tina Flanagan (CR)	Body Sculpting 5:30-6:25pm Kathy Smith(AR)	Aerobic Circuit 6:00 - 6:30pm Tina Flanagan (CR)	Classes are free to all Y members Cost for Non-Members \$5.00 per class	
Total Body TRX 5:30 - 6:15pm Wesley Taylor (CR)	Zumba Burst 6:30 - 7:25pm Cassandra Atley(AR)	Ycycle 5:30-6:10pm Anne Walker (MP)	Zumba Burst 6:30 - 7:25pm Cassandra Atley(AR)		
				A free nursery will be provided Monday - Friday 8am-10am & Monday to Thursday 5:30pm -7:30pm	
				Class Locations: Circuit Room: CR Multipurpose: MP Aerobics Room: AR Dance Room: DR Basketball Gym: GM	