



Birmingham Family YMCA Fitness Schedule Winter I & II 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 AM		Cycling (S) Eric		Cycling (S) Matt	Low Impact Floor Aerobics (S) Lilia		
7:00 AM						Cycle Cross Training (S) Katrina	
8:15 AM	Low Impact Floor Aerobics (S) Bridget	Yoga (M) Dawn	Low Impact Floor Aerobics (S) Lori	Yoga (M) Nicole	Crosstraining (S) Bridget	8:00am Boot Camp (S) Debbie	
8:15 AM				Total Body Sculpt - Stability Ball (S) Lori			
9:00 AM	Express Class - Core Muscles (M) Bridget		Express Class - Core Muscles (M) Analisa		Express Class - Core Muscles (M) Analisa	Youth Karate (M) Noboru Saito	
9:15 AM	Kickbox (S) Bridget	Boot Camp (S) Debbie	Total Body Workout (S) Analisa	Boot Camp (S) Debbie	Cross Training (S) Analisa Bailiff		
9:15 AM	Stretch (M) Kim	Pilates (M) Kim	Stretch (M) Lynda		Stretch (M) Bridget	9:30 am NIA (S) Patricia	
10:00 AM						Karate (M) Noboru Saito	Yoga (M) Tamara
10:15 AM	Easy Does It (S) Bridget	Silver Sneakers (G) Lynda	Easy Does It (S) Lynda	Silver Sneakers (G) Lynda	Easy Does It (S) Bridget		
5:15 PM		Youth Karate (M) Noboru Saito					
5:45 PM	Step (S) Debbie		Step (S) Debbie		Step (S) Debbie		
6:00 PM	Judo (M) Noboru Saito	Boot Camp (S) Debbie		Boot Camp (S) Debbie			
6:30 PM		Karate (M) Noboru Saito					
7:00 PM	Cycling (S) Rotation	Pilates (S) Danielle	Cycling (S) Rotation		7:30 pm Judo (M) Noboru Saito		
8:00 PM	Yoga (S) Michelle						
8:00 PM	Aikido (M) Lisa	Judo (M) Noboru Saito		Aikido (M) Lisa			

(S)

Class is held in aerobics studio

(M)

Class is held in martial arts studio

(W)

Class is held in wellness center/weight room

Additional Fee for Class