

Boll Family YMCA

Group Fitness Class Schedule - Winter (Classes run Jan 4th thru March 30th 2010)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Cycling 6-6:45am Rm. 228	Cycling 545-6:30am Rm. 228	Cycling 6-6:45am Rm. 228	Cycling 545-6:30am Rm. 228	Cycling 6-6:45am Rm. 228	Yoga 9 - 9:55am Rm. 208
	Crosstraining 615a -715a Track		Crosstraining 615a -715a Track		
Cycling 9 - 945am Rm. 228	Kickboxing 9 - 955am Rm. 228	Crosstraining 9 - 955am Track	Kickboxing 9 - 955am Rm. 228	Crosstraining 9 - 955am Track	Cycling 10:30 - 12pm Rm. 228
Silver Sneakers I 10a-11a Rm. 228		Silver Sneakers I 10a-11a Rm. 228		Silver Sneakers I 10a-11a Rm. 228	
Tai Chi 10am-1055am Rm. 208		Tai Chi 10am-1055am Rm. 208		Tai Chi 10am-1055am Rm. 208	Boot Camp 11 - 12pm Gym
Cycling 12 - 1250pm Rm. 228	Yoga 12-1250p Rm. 208	Cycling 12 - 1250pm Rm. 228	Yoga 12-1250p Rm. 208		
EVENING CLASSES					Sunday
					Cycling 10:30 - 1145am Rm. 228
ExpressCycling 430p - 515p Rm. 228	Cycling 5 - 550pm Rm. 228	Cycling 530 - 625pm Rm. 228	Total Body Sculpt 530 - 625pm Rm. 228	Booty Bootcamp \$ 5 -555pm Rm. 208	
Booty Bootcamp \$ 515 -615pm Rm. 208	Intermediate Yoga 530 - 625pm Rm. 208	Booty Bootcamp \$ 530 -625pm Rm. 208	Floor Aerobics 530 - 615pm Rm. 208	Cycling 530 - 630pm Rm. 228	
Step Aerobics 530 - 625pm Rm. 228	Yoga 630 - 725pm Rm. 208	Crosstraining 645 - 745pm Rm. 228	Target Core 630 - 725pm Rm. 228		
Crosstraining 630-725pm Rm. 228	Belly Dance \$ 630 - 725pm Rm. 228	Tai Chi 630 - 725pm Rm. 208	Kickboxing 730 - 830pm Rm. 228		
Pilates 630 -725pm Rm. 208					
Total Body Sculpt 730 - 830pm Rm. 228					\$\$-Registration and fee required
					Rm. 228
					Rm. 208
					Track

Schedule is subject to change. Please register at front desk for all classes.