

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Multi-Purpose Room	Boot Camp Jim 5:45-6:45am		Boot Camp Jim 5:45-6:45am	Y-Cycling Cezarie 5:45-6:45a	Boot Camp Jim 5:45-6:45am		
Gym	PULSE Jeri/Barb 7-7:45am	Y-Cycling Ali 6:50-7:35am Multi-Purpose	PULSE Jeri/Barb 7-7:45am		PULSE Jeri/Barb 7-7:45am		
Sharon Woods Metro Park	Y Walk Paulette 8:00am						
Multi-Purpose Room	AOA Lisa 9:00-9:45am		AOA Lisa 9:00-9:45am		AOA Lisa 9:00-9:45a	Y Walk Paulette 8:00am Sharon Woods	
Multi-Purpose Room	Pilates Leah 9:45-10:45am	Step Challenge Sarah 10:00-10:40am	JAB! Leah 10:00-11:15am	Y-Cycling Sarah 10:00-10:45am	BOSU Blast Sarah 10:00-11:20a	Y-Cycling Ali 9:00-9:45am	
Multi-Purpose Room	Zumba Diona 11:00-12:00pm *Fee	Muscle Conditioning Sarah 10:45-11:30am		Muscle Conditioning Sarah 10:45-11:30am		Tea Kwon Do 10-12am *Fee	Beginner Ballet 2:45-3:45pm 3-5 yrs. *Fee
Multi-Purpose Room	Y-Cycling Ali 5:45-6:30pm	Tae Kwon Do 5:30-6:30pm *Fee		Pilates Lucy 5:35-6:30pm	Y-Cycling Micaela 5:30-6:00pm		Beginner Ballet 4:00-5:00 5-7 yrs. *Fee
Multi-Purpose Room & Wellness Center	WOW Sherrie 6:30-7:45pm *Fee Mon & Wed	Step Challenge Micaela 6:35-7:20pm	JAB! Wanda 6:00-7:00pm	Step Challenge Cezarie 6:35-7:20pm	Lean And Mean 6:00pm-6:45p Micaela		
Multi-Purpose Room & Gym	Aerobic Challenge Mike 6:00-7:00pm Gym	Muscle Conditioning Micaela 7:30-8:30pm	Aerobic Challenge Mike 6:00-7:00pm Gym				
Multi-Purpose Room	BOSU Blast Emily 6:45-7:45pm		Y-Cycling Cezarie 7:10-7:50pm	Zumba Diona 7:30-8:30pm *Fee			
Gym	Plyometrics Plus Kevin 7:00-8:00pm *Fee		Y Walk Paulette 7:30pm Sharon Woods Metro Park				
Multi-Purpose Room	YOGA Lucy 8:00-9:00pm *Fee		Tae Kwon Do 8:00-9:00pm *Fee				

SUMMER SESSION

June 9 – August 17