

## RED WING FAMILY YMCA FITNESS CLASS SCHEDULE

Updated July 5th , 2010

	AM Classes		PM Classes	
<b>Monday</b>	6:00-6:45 am	*Kettlebell Bootcamp	12:15-1:00 pm	Body Blast
	7:30-8:10 am	<i>Water Fitness Workout</i>	4:45-5:25 pm	*Kettlebells
	8:00-8:45 am	Silver Sneakers® MSROM	<b>6:00-7:00 pm</b>	<b>Pilates - New Time!!!</b> small studio
	8:15-8:55 am	<i>Swimnastics</i>		
	9:00-9:45 am	<i>Arthritis in the H2O</i>	5:30-6:40 pm	Zumba®
	9:10-9:50 am	Jamlates	6:45-8:00 pm	Power Vinyasa Yoga
	9:50-10:20 am	All About Abs/Core	6:45-7:45 pm	<b>NEW!- Twilight Aqua Fitness</b>
	11:30-12:10 pm	Step		
<b>Tuesday</b>	6:00-6:45 am	Cycle Circuit	12:15-1:15 pm	Go with the Flow - Yoga
	7:30-8:10 am	<i>Aqua Interval</i>	4:45-5:40 pm	Cardio Kickboxing
	8:15-8:55am	<i>Deep Water Aerobics</i>	5:45-6:15 pm	All About Abs/Core
	8:00-8:50 am	Silver Sneakers® Cardio Circuit		
	9:15-10:00 am	Step	<b>6:30-7:30 pm</b>	<b>*Pre-Natal/Post-Partum Yoga</b> June 15-July 20 <b>Fee \$30 / FREE for members</b> *registration required
	9:10-10:00am	Cycling - Gym C		
		June 8 - July 29		
	10:05-10:50 am	Body Blast		
11:15-12:10 pm	Zumba®			
<b>Wednesday</b>	6:00-7:00 am	Zumba®	12:15-1:00 pm	Body Blast
	6:15-7:00 am	*Kettlebells small studio	12:15-1:15 pm	Go with the Flow - Yoga small studio
	7:30-8:10 am	<i>Water Fitness Workout</i>	5:15-6:15 pm	Zumba®
	8:00-8:45 am	Silver Sneakers® MSROM	6:20-7:30 pm	Power Vinyasa Yoga
	8:15-8:55 am	<i>Swimnastics</i>		
	9:00-9:45 am	<i>Arthritis in the H2O</i>		
	9:10-9:50 am	Jamlates		
	9:50-10:20 am	All About Abs/Core		
	11:30-12:10 pm	Step		
<b>Thursday</b>	6:00-7:00 am	Body Blast	12:15-1:15pm	Pilates
	7:30-8:10 am	<i>Aqua Interval</i>	4:45-5:45 pm	Cycle Circuit
	8:15-8:55am	<i>Deep Water Aerobics</i>	5:30-6:15 pm	<i>Splash Aerobics</i>
	8:00-8:50 am	Silver Sneakers® Cardio Circuit		
	9:15-10:00 am	Step		
	9:10-10:00am	Cycling - Gym C		
		June 8 - July 29		
	10:05-10:50 am	Body Blast		
11:15-12:10 pm	Zumba®			
<b>Friday</b>	6:00-7:00 am	Power Yoga	12:15-1:00 pm	Body Blast
	7:30-8:10 am	<i>Water Fitness Workout</i>		
	8:00-8:45 am	Silver Sneakers® MSROM		
	8:15-8:55 am	<i>Swimnastics</i>		
	9:00-9:45 am	<i>Arthritis in the H2O</i>		
	9:15-10:15 am	Willpower & Strength		
	11:30-12:10 pm	Step		
<b>Saturday</b>	7:15-8:15 am	Basic Yoga	* Indicates a fee and/or registration is required <b>ALL CLASSES ARE SUBJECT TO CHANGE</b> SUBS WILL BE SCHEDULED AS NEEDED	
	9:15-10:15 am	INSTRUCTOR'S CHOICE		

