



GROUP EXERCISE & INTRO CLASSES

YORKTOWN YMCA

February 2012

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<i>NEW</i> 5:45-6:30 (arrive @5:30 to help setup) Cardio Sculpt Stephenie S	6:15-7am Y-Cycling Jarod CA	<i>NEW</i> 5:40-6:25 (arrive @5:30 to help setup) Cardio Sculpt Stephenie S	6:15-7am Y-Cycling Jarod CA		8:15-9am Y-Cycling Dale CA
<i>NEW</i> 8:15-9 Tabata Maryann S				<i>NEW</i> 8:15-9 Tabata Maryann S	
9:15-10am Y-Cycling April CA	9:30-10:45am Strength Training April S	9:15-10am Y-Cycling April CA	9:30-10:45am Strength Training April S	9:15-10am Y-Cycling April CA	9:15-10am Strength Training Amanda S <i>NEW</i> 9:15-10am Y-Cycling Jarod/Dale CA
10:30-11:15am Silver Sneakers Pat S		10:30-11:15am Silver Sneakers Pat S	<i>NEW</i> 11-11:35am Zumba Gold Sharon S	10:30-11:15am Silver Sneakers Pat S	
4:30-5:30pm Strength Training Stephenie S		4:30-5:30pm Strength Training Stephenie S	4:30-5:20pm Y-Cycling Celeste CA		
5:30-6:15pm Y-Cycling Dale CA	5:40-6:40pm Step Marcie S <i>NEW</i> 6-6:45pm Y-Cycling Dale CA	5:30-6:15pm Y-Cycling Dale CA	5:40-6:40pm Step Marcie S <i>NEW</i> 6-6:45pm Y-Cycling Dale CA		
6:45-7:45pm Boot Camp* Amanda S	6:45-7:45pm Zumba Sharon S	6:45-7:45pm Boot Camp* Amanda S	6:45-7:45pm Zumba Sharon S		

***=fee based class CA=Cycling Area S=Studio**

The First Monday of every month you can try Boot Camp for FREE!!
If you like it then you can register for the class.