

## Group Exercise Studio

Winter 2 schedule : January And February 2010



| Monday                              | Tuesday                             | Wednesday                           | Thursday                            | Friday                            | Saturday                       |
|-------------------------------------|-------------------------------------|-------------------------------------|-------------------------------------|-----------------------------------|--------------------------------|
| 8:15 - 9:00 a.m.<br>Silver Sneakers | 8:00 - 8:30 a.m.<br>A.O.A.          | 8:15 - 9:00 a.m.<br>Silver Sneakers | 8:00 - 8:30 a.m.<br>A.O.A.          |                                   | 8:30-9:15 a.m.<br>Power Sculpt |
|                                     | 8:30 - 9:15 a.m.<br>Silver Sneakers |                                     | 8:30 - 9:15 a.m.<br>Silver Sneakers |                                   |                                |
| 9:15-9:30 a.m.<br>Abworks           | 9:15-9:30 a.m.<br>Abworks           | 9:15-9:30 a.m.<br>Abworks           | 9:15-9:30 a.m.<br>Abworks           | 9:15-9:30 a.m.<br>Abworks         | 9:15-9:30 a.m.<br>Abworks      |
| 9:30-10:30 a.m.<br>Step & Tone      | 9:30-9:45 a.m.<br>Rear Attitude     | 9:30-10:30 a.m.<br>Step & Tone      | 9:30-9:45 a.m.<br>Rear Attitude     | 9:30-10:30 a.m.<br>F.I. T.        | 9:30-10:30 a.m.<br>Step & Tone |
|                                     | 9:45-10:30 a.m.<br>Power Hour       |                                     | 9:45-10:30 a.m.<br>Power Hour       | 10:30 - 11:30 a.m.<br>Body Recall |                                |
|                                     | 12:30 - 1:30 p.m.<br>Body Recall    |                                     | 12:30 - 1:30 p.m.<br>Body Recall    |                                   |                                |
| 4:30-5:15 p.m.<br>Total Body        |                                     | 4:30-5:15 p.m.<br>Pump it Up        |                                     |                                   |                                |
| 5:15-5:30 p.m.<br>Abworks           | 5:15-6:00 p.m.<br>Cardio Salsa      | 5:15-5:30 p.m.<br>Abworks           | 5:15-6:00 p.m.<br>Cardio Salsa      |                                   |                                |
| 5:30-6:30 p.m.<br>Step & Tone       | 6:00 -6:15 p.m.<br>Abworks          | 5:30-6:30 p.m.<br>Step & Tone       | 6:00 - 6:15 p.m.<br>Abworks         |                                   |                                |
|                                     | 6:15-7:00 p.m.<br>Kickboxing        |                                     | 6:15-7:00 p.m.<br>Kickboxing        |                                   |                                |
|                                     |                                     |                                     |                                     |                                   |                                |

**GROUP EXERCISE CLASSES ARE INCLUDED WITH YOUR UNION COUNTY FAMILY YMCA MEMBERSHIP**



**NON-MEMBER GROUP EXERCISE MONTHLY PASS FEES:  
 LAND AEROBICS - \$25.00/MONTH WATER AEROBICS - \$25.00/MONTH**