

**Winter 2 Class Schedule
will be out
January 3rd!**

Group Exercise Studio

Winter Class Schedule: October 24 - January 3, 2009



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Morning Fitness	8:15 - 9:00 a.m. Silver Sneakers	8:00 - 8:30 a.m. A.O.A.	8:15 - 9:00 a.m. Silver Sneakers	8:00 - 8:30 a.m. A.O.A.	8:15 - 9:00 a.m. Senior Yoga Stretch	8:30-9:15 a.m. Power Sculpt
		8:30 - 9:15 a.m. Silver Sneakers		8:30 - 9:15 a.m. Silver Sneakers		
	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks	9:15-9:30 a.m. Abworks
	9:30-10:30 a.m. Step & Tone	9:30-9:45 a.m. Rear Attitude	9:30-10:30 a.m. Step & Tone	9:30-9:45 a.m. Rear Attitude	9:30-10:30 a.m. F.I. T.	9:30-10:30 a.m. Step & Tone
		9:45-10:30 a.m. Power Hour		9:45-10:30 a.m. Power Hour	10:30 - 11:30 a.m. Body Recall	
		12:30 - 1:30 p.m. Body Recall		12:30 - 1:30 p.m. Body Recall		
Evening Workouts	4:30-5:15 p.m. Total Body		4:30-5:15 p.m. Pump it Up			
	5:15-5:30 p.m. Abworks		5:15-5:30 p.m. Abworks			
	5:30-6:30 p.m. Step & Tone		5:30-6:30 p.m. Step & Tone			
	6:45-7:30 p.m. ZUMBA	6:15-7:00 p.m. Kickboxing		6:15-7:00 p.m. 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
LAND AND WATER AEROBICS - \$45.00 / MONTH