



Aerobics & SPINNING® Class Schedule

Bonita Springs YMCA
September 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.	Personalized Orientation Program Learn to use equipment in the Fitness Center Sign up in the Fitness Center FREE!					Pilates Beth
9:15 a.m. POOL	Water Aerobics Sara	Circuit Cindy S (Fitness Center)	Water Aerobics Heather M		Water Aerobics	Crazy Fit Ryan / Kevin (outside) (9:00)
9:15 a.m.	Kickboxing Kristin	ZUMBA GOLD® (Low-Impact) Eileen	Boot Camp Heather S	Yoga Jen (9:05)	Circuit Cindy S (Fitness Center)	20/20/20 Beth (9:30)
10:15 a.m.	Pilates Jen	Body Sculpting Leslie	Yoga Rosemary		Hip Hop Hustle Emily	Family Aqua Zumba Darlene (Kids 8+ with an adult)
10:30 a.m.		NEW! Hip Hop Hustle! Dance Oriented Workout Friday Mornings		Spin Deidre W		Yoga Cindy C
11:30 a.m.	SilverSneakers®I MuscularStrength Deidre W	SilverSneakers®I Cardio Circuit Leslie	SilverSneaker® Yoga Stretch Rosemary	SilverSneaker® MuscularStrength Deidre W		
4:30 p.m.		Spin Keri		Body Sculpting Heather M		
5:30 p.m.	ZUMBA® Eileen	Body Sculpting Beth	ZUMBA® Eileen	Yoga Rosemary		
6:30 p.m.	Yoga Rosemary	Spin Holly B. (6:45)	20/20/20 Beth	Spin Holly M. (6:45)		
7:00 p.m.	Crazy Fit Ryan (Outside)		Crazy Fit Ryan (Outside)	NEW! Family Aqua Zumba! Parents, bring your kids (8 and older) for a fun workout together in the pool!		

- Please bring a towel with you to ALL classes.
- All classes are 55 minutes long unless other wise noted. Spinning classes are 50 minutes. Please plan to arrive to class on time (allow time to set up for Spinning) and plan to stay for the entire class.
- Supportive athletic shoes are required for your safety and comfort (except Pilates, yoga, and water classes)

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www.ymcapalms.org

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.