

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Aerobics Class Schedule

September 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Cardio Mix Kathy	Body Sculpting Susan	Cardio Mix Kathy	Pilates Kathy	20/20/20 Leslie		
8:00 a.m.		Body Sculpting Susie	Yoga Laurie	Body Sculpting Maria		8:15 Step Cardio Susie *complex (45 min)	
8:30 a.m.	Step Cardio Susie *complex (45 min)	Intro to Spinning Saturday, September 18 12:00 – 12:45 pm Spinning Studio			Step Cardio Susie *complex (45 min)	Tweens Boot Camp Kids – Ages 8-12 See Flyers for Details	
9:00 a.m.		Boot Camp Michele		Boot Camp Michele		Body Sculpting Kathy (45 min)	
9:15 a.m.	Aerobics Tammy		Aerobics		Zumba® Mary	9:45 Aerobics Cardio Kathy (45 min)	
10:15 a.m.	Pilates Cindy C	SilverSneakersII Cardio Circuit Deidre	Yoga Susie	SilverSneakersII Cardio Circuit Michele	Yoga Dama (75 min)	Pilates Krista 10:30	
11:30 a.m.	Silver Sneakers® I Shannon		Silver Sneakers® I Cindy C		Chair Yoga Krista 11:45		
12:00 p.m.		Pilates Krista	Intro to Pilates / Yoga Saturday, September 25 12:00 – 12:45 pm Aerobics Studio				3:30 Aerobics Kathy (30 min)
4:30 p.m.	Cardio Mix Stacey	Power Sculpt Kathy	Kickboxing Lea	Power Sculpt Stacey	Aerobics Kathy (45 min)		4:00 Pilates Kathy
5:30 p.m.	Yoga Susie	Family Zumba® Mary (ages 8+ with parent)		Parent / Child Yoga (ages 6+)	Body Sculpting Kathy (5:15) (45 min)	CRAZY FIT Saturdays 9:45 AM Meet in NE parking lot FREE!	
6:30 p.m.	Pilates Krista	Yoga Krista (75 min)	Pilates Krista	Yoga Andrea (75 min)			

- Please bring a towel with you to all classes
- Please plan to arrive to class ON TIME and plan to stay for the entire class
- Supportive athletic shoes are required for your safety in all classes except yoga and Pilates
- All classes are 55 minutes unless otherwise noted

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