



# Aerobics & SPINNING® Class Schedule

Bonita Springs YMCA

July 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.			Coming Soon! Watch for a new morning yoga class!			Pilates Betsy
9:15 a.m.	Kickboxing Kristin	ZUMBA GOLD® (Low-Impact) Eileen	ZUMBA ® Eileen		Circuit Training Cindy S (Fitness Center)	20/20/20 Heather <b>(9:30)</b>
10:15 a.m.	Spin Tami <b>(10:20)</b>	Body Sculpting Leslie	Yoga Rosemary	Spin Terry <b>(10:20)</b>		Yoga Ann <b>(10:30)</b>
11:30 a.m.	SilverSneakers®I Muscular Strength Cindy C	SilverSneakers®II Cardio Circuit Leslie	SilverSneakers® Yoga Stretch Rosemary	SilverSneakers®I Muscular Strength Terry		
4:30 p.m.		Spin Stacy		Body Sculpting Heather	Sunday Spin 4:00 Terry	
5:30 p.m.	ZUMBA® Eileen	Body Sculpting Stacy	ZUMBA® Eileen	Yoga Rosemary		
6:45 p.m.	Yoga Rosemary <b>(6:30)</b>	Spin Holly B.	Kickboxing Kristin	Spin Holly M.		
7:30 p.m.	Kickboxing Pat			4 <sup>th</sup> of July Regular Class Schedule YMCA Open 8:00 – 1:00		

## Water Aerobics Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
Water Aerobics Heather <b>9:15 am</b>				Water Aerobics Sara <b>9:15 am</b>

- 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)

### Bonita Springs YMCA

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[www.ymcapalms.org](http://www.ymcapalms.org)



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