

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Aerobics Class Schedule

July 2009

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 a.m.	Step Interval Leslie	Body Sculpting Susan	Step Interval Susan	Pilates Cheryl			
8:00 a.m.		Body Sculpting Susie	Yoga Laurie	Body Sculpting Susan		8:15 Step Cardio Susie *complex choreo (45 min)	
8:30 a.m.	Step Cardio Susie *complex choreo (45 min)		4th Of July Regular Class Schedule YMCA Open 8:00 – 1:00		Step Cardio Susie *complex choreo (45 min)		
9:00 a.m.		Boot Camp Michele		Step Cardio Michele (45 min)		Body Sculpting Stacey (45 min)	
9:15 a.m.	Aerobics Donna		Aerobics Cindy		Zumba® Mary	9:45 Aerobics Cardio Stacey (45 min)	
10:15 a.m.	Pilates Cheryl	SilverSneakers® II Cardio Circuit Michele	Yoga Susie	SilverSneakers ® II Cardio Circuit Cindy	Yoga Dama (75 min)	Pilates Krista 10:30	
11:30 a.m.	Silver Sneakers® I Deidre		Silver Sneakers® I Cindy C		Chair Yoga Krista 11:45		
12:00 p.m.		Pilates Krista		Dog Days of Summer Spinning Marathon Saturday, July 11th			
4:30 p.m.	Cardio Mix Stacey	Power Sculpt Susan	Kickboxing Lea (90 min)	Power Sculpt Stacey	Aerobics Heather (45 min.)		3:30 Aerobics 4:00 Pilates Cheryl
5:30 p.m.	Yoga Susie	Family Zumba® Mary		Stretch N Flow Stacey (30 min.)	5:15 Body Sculpting Heather (45 min.)		
6:30 p.m.	Pilates Krista	Yoga Krista (75 min)	Pilates Krista	Yoga Andrea (75 min)	Noon Classes! Mondays – Spinning; Tuesdays – Pilates Fridays – Group Training		

- **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 and comfort in all classes except yoga and Pilates**
- **All classes are 55 minutes unless otherwise noted**

Greater Naples YMCA
5450 YMCA Rd | Naples, FL 34109
Telephone: (239) 597-3148
Fax: (239) 597-8415

www.ymcapalms.org



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