

WILMERDING YMCA

412-823-9000

412-823-1402 FAX

Effective January 12, 2009

		Mon	Tue	Wed	Thur	Fri	Sat	
A M								
		Spinning® -I 8:00-8:45 Dawn	3-IN-1 8:15-9:00 Lynn	Spinning® -I 8:00-9:00 Dawn	Gentle Yoga 8:15-9:00 Lynn		Yoga 7:45-9:00 Theresa	Zumba-I 8-9am Tara
		Step Aerobics-I/A 9:00-10:00 Dawn	Sculpt & Stretch -I 9:00-10:00 Lynn Kickboxing (Gym) 9:00-10:00 Deborah	Step Aerobics-I/A 9:00-10:00 Dawn	Sculpt & Abs-I 9:00-10:00 Lynn Kickboxing (Gym) 9:00-10:00 Deborah	Step & Spinning®-I/A 9:00-10:00 Dawn	Step & Spinning®-I/A 9:00-10:00 Dawn	
		AOA-B 10:15-11:00 Dawn	MSROM® 10:15-11:00 Lynn	AOA-B 10:15-11:00 Dawn	MSROM® 10:15-11:00 Lynn	AOA 10:15-11:00 Dawn	Spinning®-A 10:00-11:00 Rachel	
		SilverSneakers® 11:15-12:00 Dawn	Yoga Stretch 11:00-11:45 Lynn	SilverSneakers® 11:15-12:00 Dawn	Yoga Stretch 11:00-11:45 Lynn	SilverSneakers® CC 11:15-12:00 Dawn	Zumba 11:00-12:00 Niki	
		Yoga Stretch 12:15-1:00 Dawn	Tai Chi 12:00-1:00 Ray		Tai Chi 12:00-1:00 Ray	YogaStretch® 12:15-1:00 Dawn		
					Boot Camp 4:00-5:00 Deborah			
		Zumba 4:30 - 5:30 Niki		Boot Camp 4:30-5:30 Deborah		Drums Alive-I 4:30-5:15 Dawn		
			Spinning®-A 5:00-6:00 Rachel	Soul Line Dance Aerobics 5:45-6:30 Rose		Pilates - B/I 5:30 - 6:30 Sharon A.	Zumba 5:30 - 6:30 Niki	
	P M		Pilates-B/I 6:30-7:30 Sharon C.	Spinning®-A 6:30-7:30 Owen	Yoga 6:30-8:00 Theresa	Zumba-I 6:45-7:45 Tara (Gym)	Spinning 6:30-7:30 Rachel	Body Sculpt 6:30-7:30 Nicole T.
		Spinning®-A 7:30-8:30 Rachel						

B:Beginner I-Intermediate A-Advance

CC-Cardio Circuit MSRM-Muscular Strength and Range of Motion

