

PENINSULA FAMILY YMCA GROUP FITNESS

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|----------|------------------------------------|---|--|-------------------------------------|--|-----------------------|-----------------------------------|
| 6:00 AM | BOSU SPORT (G) | 5:45AM CYCLE (S) 75 MIN | BODY SCULPT (G) | 5:45AM CYCLE (S) | | | |
| 7:15 AM | | YOGA (S) 75 MIN | | YOGA (S) 75 MIN | | | |
| 8:00 AM | | | | | | STEP THREE (S) | BOSU SPORT (G) |
| 8:30 AM | CYCLE (S) DANCE AEROBICS (G) | STEP THREE(S) CARDIO KICK-BOX (G) | BOSU SPORT (G) DANCE AEROBICS (S) | CYCLE (S) CARDIO KICK-BOX (G) | PILATES (S) LATIN CARDIO (G) | DANCE AEROBICS (G) | |
| 9:00 AM | | | | | | YOGA (S) | COMBO (G) |
| 9:30 AM | BODY SCULPT (S) BOSU SPORT (G) | BODY SCULPT (S) BOOT CAMP (G) | BODY SCULPT (S) LOW IMPACT CHALLENGE (G) 75 MIN | BODY SCULPT (S) PILATES (G) | BODY SCULPT (S) CARDIO KICKBOX CHALLENGE (G) 90 MIN | LATIN CARDIO (G) | CYCLE (S) |
| 10:00 AM | | | | | | BODY SCULPT (S) | CARDIO KICKBOX (G) |
| 10:30 AM | STRETCH (S) 30 MIN | LOW IMPACT (S) PILATES (G) | STRETCH (S) 30 MIN | LOW IMPACT (S) | YOGA (S) | CARDIO KICKBOX (G) | BODY SCULPT (S) 75 MIN |
| 11:00 AM | GENTLE AEROBICS (S) | | GENTLE AEROBICS (S) | | | CYCLE (S) | STEP ONE (S) 45 MIN 11:45AM |
| 12:00 PM | CARDIO CIRCUIT TRAINING (S) | CYCLE (S) | FUSION FLEXIBLE STRENGTH (S) | CYCLE (S) | STEP THREE(S) | | |
| 1:00 PM | YOGA CHALLENGE (S) | YOGA (S) | YOGA CHALLENGE (S) | YOGA (S) | | | YOGA (S) 90 MIN |
| 3:00 PM | | | | PARENT CHILD YOGA (S) | | | |
| 4:00 PM | CARDIO STEP (S) | | CARDIO STEP (S) | PILATES (S) | BOSU SPORT (S) | | |
| 5:00 PM | BODY SCULPT (S) | BODY SCULPT (S) | BODY SCULPT (S) | BODY SCULPT (S) | BODY SCULPT (S) | | |
| 6:00 PM | CYCLE (S) ABS & WEIGHTS (G) | COMBO (S) | CYCLE (S) ABS & WEIGHTS (G) | HIP HOP (S) | CYCLE (S) | | |
| 6:30 PM | CARDIO KICKBOX (G) | BOSU SPORT (G) | CARDIO KICKBOX (G) | BOOT CAMP (G) | | | |
| 7:00 PM | STEP INTERVAL (S) | | YOGA (S) 90 MIN | CYCLE (S) | | | |
| 8:00 PM | YOGA (S) 90 MIN | YOGA (S) 90 MIN | | YOGA (S) 90 MIN | | | |

CLASS LOCATIONS: S – Studio; G-Gym

All classes are approximately one hour in length unless otherwise specified. This hour includes all set-up and take down of equipment..

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