

Downtown YMCA Group Fitness Schedule - June 2008

Mon	Tue	Wed	Thu	Fri	Sat	
2 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Body Sculpt</i> <i>Keisha</i> 5:15PM <i>Butts &Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Y Cycling</i> <i>Shelby</i>	3 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15PM <i>Y Cycling</i> <i>Keisha</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i>	4 6:15AM <i>Y Cycling</i> <i>Allison</i> 8:15AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i>	5 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15 <i>Bootcamp</i> <i>Chris</i> 5:15PM <i>Butts and Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:00PM <i>Kickboxing</i> <i>Shelby</i>	6 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i>	7 9AM <i>Y Cycling</i> <i>Shelby</i> 10AM <i>Total Body Conditioning</i> <i>Shelby</i> AM <i>Pilates</i> <i>Diane</i>	
9 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Body Sculpt</i> <i>Keisha</i> 5:15PM <i>Butts &Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Y Cycling</i> <i>Shelby</i>	10 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15PM <i>Y Cycling</i> <i>Keisha</i> 5:15PM <i>Women's Well-ness Yoga</i> <i>Lisa</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Belly Dance</i> <i>Fitness</i> <i>Lisa</i>	11 6:15AM <i>Y Cycling</i> <i>Allison</i> 8:15AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i> 5:15PM <i>Yoga</i> <i>Brenda</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i>	12 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15 <i>Bootcamp</i> <i>Chris</i> 5:15PM <i>Butts and Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:00PM <i>Kickboxing</i> <i>Shelby</i>	13 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 11:00 AM <i>Yoga</i> <i>Brenda</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i>	14 9AM <i>Y Cycling</i> <i>Shelby</i> 10AM <i>Total Body Conditioning</i> <i>Shelby</i> 11AM <i>Pilates</i> <i>Diane</i>	
16 6:15AM <i>Y Cycling</i> <i>Allison</i> 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Body Sculpt</i> <i>Keisha</i> 5:15PM <i>Butts &Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Y Cycling</i> <i>Shelby</i>	17 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15PM <i>Y Cycling</i> <i>Keisha</i> 5:15PM <i>Women's Well-ness Yoga</i> <i>Lisa</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Belly Dance</i> <i>Fitness</i> <i>Lisa</i>	18 6:15AM <i>Y Cycling</i> <i>Allison</i> 8:15AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Y Cycling</i> <i>Chris</i> 5:15PM <i>Yoga</i> <i>Brenda</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i>	19 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15 <i>Bootcamp</i> <i>Chris</i> 5:15PM <i>Butts and Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:00PM <i>Kickboxing</i> <i>Shelby</i>	20 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 11:00 AM <i>Yoga</i> <i>Brenda</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i>	21 9AM <i>Y Cycling</i> <i>Shelby</i> 10AM <i>Total Body Conditioning</i> <i>Shelby</i> 11AM <i>Pilates</i> <i>Diane</i>	
23 6:15AM <i>Y Cycling</i> <i>Allison</i> 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Body Sculpt</i> <i>Keisha</i> 5:15PM <i>Butts &Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Y Cycling</i> <i>Shelby</i>	24 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15PM <i>Y Cycling</i> <i>Keisha</i> 5:15PM <i>Women's Well-ness Yoga</i> <i>Lisa</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Belly Dance</i> <i>Fitness</i> <i>Lisa</i>	25 6:15AM <i>Y Cycling</i> <i>Allison</i> 8:15AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i> 5:15PM <i>Yoga</i> <i>Brenda</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i>	26 10AM <i>Silver Sneakers</i> <i>Daphene</i> 12:15 <i>Bootcamp</i> <i>Chris</i> 5:15PM <i>Butts and Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:00PM <i>Kickboxing</i> <i>Shelby</i>	27 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 11:00 AM <i>Yoga</i> <i>Brenda</i> 12:15 <i>Cycle and Step</i> <i>Keisha</i>	28 9AM <i>Y Cycling</i> <i>Shelby</i> 10AM <i>Total Body Conditioning</i> <i>Shelby</i> 11AM <i>Pilates</i> <i>Diane</i>	
30 6:15AM <i>Y Cycling</i> <i>Allison</i> 9:00AM <i>Water Aerobics</i> <i>Cynthia</i> 12:15 <i>Body Sculpt</i> <i>Keisha</i> 5:15PM <i>Butts &Guts</i> <i>Shelby</i> 5:30PM <i>Water Aerobics</i> <i>Brenda</i> 6:15PM <i>Y Cycling</i> <i>Shelby</i>						