


August 2008

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
31 NO CLASS	<i>August is "Bring a Friend to an Aerobic Class for Free Month." Tell your non-member friends about your favorite class(es) and bring them along for FREE! Don't miss this chance!</i>				1 7am Cycling (Bill) 8:30 Cardio Kick (Karole) 10:20 Senior Yoga-Barb 5:00pm ZUMBA (Jody)	2 8:30am Yoga (Barb) 10—TURBO Diana/Carley 11 Beginner ZUMBA (Jody)
3 NO CLASS	4 7am Cycling (Bill) 8 Pilates (Bill) 9:15 Cycling (Emily) 5:30pm TURBO (Carley)	5 9:15am TURBO (Katie) 10:20 Yoga (Barb) 6pm Pump it Up (Lauren) 7 ZUMBA (Kelly)	6 7am Cycling (Bill) 9:15 Pump It Up (Jeanette) 5:45pm Pilates (Mary)	7 9am Cycling (Emily) 9:50 Pilates (Emily) 5:30pm TURBO (Diana) 6:15 Cycling (Jen) 7pm Kick/Yogalates (Jen)	8 7am Cycling (Bill) 8:30 Cardio Kick (Karole) 10:20 Senior Yoga-Barb 5:00pm ZUMBA (Jody)	9 8:30am Yoga (Barb) 10 Cardio-Kick (Molly) 11 Beginner ZUMBA (Jody)
10 NO CLASS	11 7am Cycling (Bill) 8 Pilates (Bill) 9:15 Cycling (Emily) 5:30pm Cardio-Kick (Molly)	12 9:15am TURBO (Katie) 10:20 Yoga (Barb) 6pm Pump it Up (Lauren) 7 ZUMBA (Kelly)	13 7am Cycling (Bill) 9:15 Pump It Up (Jeanette) 5:45pm Pilates (Mary)	14 9am Cycling (Emily) 9:50 Pilates (Emily) 5:30pm TURBO (Diana) 6:15 Cycling (Jen) 7pm Kick/Yogalates (Jen)	15 7am Cycling (Bill) 8:30 Cardio Kick (Karole) 10:20 Senior Yoga-Barb 5:00pm ZUMBA (Jody)	16 8:30am Yoga (Barb) 10 TURBO (Diana/Carley) 11 Beginner ZUMBA (Jody)
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