



FREE CLASS SCHEDULE FALL 2011

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45	Power Tone	High Energy		YPump			
6:00			Cycling		Cycling		
6:15		H2O/Surfs Up		H2O/Surfs Up			
7:30		H2O Walking		H2O Walking		Cycling	
8:00	Power Sculpt & Stretch H2O/High Tide	Fitness For Everyone	Power Sculpt & Stretch	Fitness For Everyone	Power Sculpt & Stretch H2O/High Tide		
8:15						H2O/Silver Splash	
8:30		Rock Solid Abs Cycling		Rock Solid Abs Cycling		Cycling Kickboxing	
9:00	H2O/High Tide		H2O/High Tide		H2O/High Tide		
9:15	Y Pump	Step	Boot Camp	Y Pump	Butts and Guts		
9:30		H2O Water SS Cardio Fit (Meeker)		H2O Water SS Cardio Fit (Meeker)		Yogalates	
10:00							Cycling
10:30		Cycle & Sculpt					
10:45	Silver Sneakers 2	Silver Sneakers 1	Silver Sneakers 2	Silver Sneakers 1	Silver Sneakers 2		
	Silver Sneakers Fundamentals (Meeker)	Silver Sneakers Fundamentals (Meeker)		Silver Sneaker Fundamentals (Meeker)			
11:00							Yogalates
11:45	Silver Sneaker (Meeker)	Silver Sneaker (Meeker)	H2O/Silver Splash	Silver Sneaker (Meeker)	H2O/Silver Splash Circuit Training		Class Length: Red= 45 minutes Blue = 1 hour Green = SS/ 45 min. Black = 30 minutes
12:15		Cycling		Cycling			
5:30	Cardio Kickboxing Cycling H2O Power	Y Pump	Cardio Kickboxing Cycling H2O Power	Butts and Guts Cycling	Y Pump		
	6:30	Zumba Cycling	Baile Aerobico Cycling	Sabor Latino Cycling	Baile Aerobico Dance		
8:00	H2O/Moon Tide		H2O/Moon Tide	H2O/Moon Tide	H2O/Moon Tide		