



# FREE CLASS SCHEDULE 2012

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	Cardio Kickboxing	
		15 min. Solid Abs		15 min. Solid Abs			
8:15						H2O/Silver Splash	
8:30		Cycling		Cycling		Cycling	
9:00	H2O/High Tide		H2O/High Tide		H2O/High Tide	Zumba	
9:15	Y Pump	Cardio Step	Athletic Cond.	Y Pump	Butts and Guts		
9:30		H2O Water Therapy		H2O Water Therapy		Yogalates	
		SS Cardio Fit (Meeker)		SS Cardio Fit (Meeker)			
10:00							Cycling
10:30		Cycle & Sculpt	30 min. Solid Abs				
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 Yoga (Meeker)	Silver Sneaker Yoga (Meeker)	H2O/Silver Splash	Silver Sneaker Yoga (Meeker)	H2O/Silver Splash Circuit Training		<b>Class Length:</b> Red= 45 minutes  Blue = 1 hour  Green = SS/ 45 min.  Black = 30 minutes  *NEW*
12:15	Cardio Tone	Cycling	Cardio Tone	Cycling			
5:30	Cardio Kickboxing	Y Pump	Cardio Kickboxing	Butts and Guts	Y Pump		
	Cycling H2O Power		Cycling H2O Power	Cycling			
6:30	Zumba Cycling	Baile Aerobico Cycling	Sabor Latino Dance Cycling	Baile Aerobico	Sabor Latino Dance		
8:00	H2O/Moon Tide		H2O/Moon Tide	H2O/Moon Tide	H2O/Moon Tide		