

# GROUP FITNESS & AQUATICS CLASS SCHEDULE

January 2 – April 31, 2008

*All registered programs are highlighted. Those that are not highlighted are FREE with a Fitness on 5<sup>th</sup> Membership.*

Studio	Monday 6:30-7:30am	Tuesday 6:30-7:30am	Wednesday 6:30-7:30am	Thursday 6:30-7:30am	Friday 6:30-7:30am	
D			FLOW YOGA Tammy	NEW		<b>FACILITY HOURS</b>  Monday-Friday 6:00am-10:00pm Saturday 7:00am-7:30pm Sunday 7:00am-9:30pm Holidays 9:00am-7:00pm  <b>POOL HOURS</b> <b>Lane Swim</b> Monday – Friday 6:15am-9:00am Monday - Friday 11:00am-9:00pm Saturday 9:00am-6:00pm Sunday 12:00pm-8:00pm  <b>Family Swim</b> Saturday: 12:30-6:00pm Sunday: 12:00-6:00pm
B		*CYCLE BLAST All Rod (6:10-7:00am)		*CYCLE BLAST All Rod (6:10-7:00am)		
	12:10-12:55pm	12:10-12:55pm	12:10-12:55pm	12:10-12:55pm	12:10-12:55pm	
A	REPS Intermediate Michael	BODY CONDITIONING All Roxanne	ULTIMATE CIRCUIT TRAINING All	NEW	BODY CONDITIONING All Roxanne	
B	*CYCLE BLAST All Glen		*MAX PACE Intermediate/Advanced Barb/Glen	*CYCLE & YOGA Intermediate Julie (12:10-1:00pm)		
C	HI/LO All John	CORE BALANCE FLEX Intermediate	LATIN DANCE Muller	NEW	CARDIO MIX All Laurie	
D		FLEXBAND PILATES Tammy	NEW	FLOW STRETCH All Ilona/Lorraine	NEW	
	12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	12:10-12:50pm	
Pool	LATIN AQUAFIT All Muller		SHALLOW WATER AQUAFIT All/TBA		DEEP WATER AQUAFIT All Muller	
	1:00-2:00pm	1:00-1:20pm		1:00-1:20pm		
A		FAST ABS Intermediate Julie		FAST ABS Intermediate Barb		
Pool	GENTLE AQUAFIT All Muller (1:15-2:00pm)			GENTLE AQUAFIT All Muller (1:15-2:00pm)		
C						
	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm	5:15-6:15pm		
A		CARVED OUT BODY CHALLENGE Calvin	TOTAL BODY BLAST Intermediate Sharon (5:30-6:30pm)	NEW	CARVED OUT BODY CHALLENGE Calvin	
B	*CYCLE & STRENGTH Intermediate Tony	NEW	*EASY RIDER Beginner Tony	Change	*MAX PACE All Sabrina (5:15-6:00pm)	
C	YOGA FUSION (5:15-6:30pm) Heather		YOGA FUSION (5:15-6:30pm) Heather			
D		ASHTANGA YOGA – MIXED LEVELS Monica	NEW	PRENATAL YOGA (5:15-6:15pm) Ja'net	NEW	
	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm	5:15-6:00pm		
Pool	DEEP WATER AQUAFIT All Val		TRIPLE WATER AQUAFIT All Val	TETHERED WATER AQUAFIT All Sim		

YWCA

FITNESS ON 5TH

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Level of each class is indicated in the time slot.

\* indicates a tag is required for the class.

• \$ A donation is required. All proceeds are donated to the Mary Dover House.

• You can phone on the DAY OF the class to reserve a spot.

• Schedule is subject to change without prior notice.

• No classes on statutory holidays.