



SHERMAN LAKE YMCA Group Fitness Schedule

Summer 2017

Effective July 10 - September 8, 2017

	MON	TUES	WED	THURS	FRI	SAT
5:45 AM				SPINNING Yvette		
6:15 AM		BODY BLAST Sue				
7:30 AM	(7:45 - 9) GENTLE YOGA Cathy	SPINNING Colleen	(7:15 - 8:15) YOGA Sue	SPINNING Sally	(7:45- 9) GENTLE YOGA Cathy	(7:15) SPINNING Mike
8:00 AM	WATER AEROBICS Pam/Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Pam/Margaret	GENTLE AQUA STRETCH Janice	WATER AEROBICS Varies	(8:15) WATER AEROBICS Sally
8:30 AM	CARDIO KICK (30 Minutes) Deb G.	REFIT Angie	BARRE Deb G.	REFIT Colleen	STEP (30 Minutes) Deb G.	
9:00 AM	STRENGTH & STRETCH Deb G.	(8:30) PILATES Terri		(8:30) PILATES Terri	STRENGTH & STRETCH Deb G.	
9:15 AM	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Sally	Y WEIGHTS (30 Minutes) Tesi	GENTLE STRENGTH & STRETCH Cathy	
10:00 AM						YOGAFIT (60 Minutes) Leah
5:15 PM	INTER/ADV PILATES Deb B.	5:00 YOGAFIT Leah (60 Minutes)	INTER/ADV PILATES Deb B.		<p>Class schedule effective July 10 - Sept 8, 2017 All Classes are 45 minutes unless otherwise noted. <i>Please note that scheduling changes do occasionally occur. We do our best to minimize those changes and inform you in advance, and we apologize for any inconvenience. To confirm the schedule, please call the Front Desk at 731-3032.</i> Revised 07/06/17</p>	
5:15 PM	Barre Megan (40 Min)					
6:00 PM	REFIT Colleen		REFIT Megan			
6:15 PM	BASIC/INTER PILATES Deb B.		INTERMEDIATE PILATES Deb B.			
6:30 PM		WATER AEROBICS Lisa/Kathy		WATER AEROBICS Lisa/Kathy		