

# YMCA WELLNESS CENTER

## MARCH 2010

### HOURS:

5:00 am - 9:30 pm Mon-Fri

7:30 am - 6:00 pm Sat

1:00 pm - 6:00 pm Sun

### CHILD WATCH

8:15-12:00 am Mon- Fri

9:00-12:00 am Sat

3:55-7:30 pm Mon- Thurs

3:55-6:00 pm Friday

\*\*\*\*\*NEWS\*\*\*\*\*

\*\*\*New Class\*\*\*

*Yoga W/Kim (Mixed Levels)  
Mondays 6:30-7:30pm*

*Volunteers needed for  
"Opening Doors"  
Scholarship Campaign  
(See Reed or Andy)*

*Remember to get a ticket for  
the Tuesday 6:30 and  
Saturday 8:30 spin classes.*

L – Level  
C – Choreography

L1 – Beginner  
L2 – Intermediate  
L3 – Advanced

C1 – Little/No  
C2 – Low Level  
C3 – High Level

Shaded  
Classes  
Have Child  
Watch  
Available

### Spinning

Tues – 5:45am - 6:30am W/ Trish  
8:15am - 9:15am W/ Kim  
6:30pm – 7:15pm W/ Randy  
Weds 7:30pm – 8:15pm W/Jim  
Thurs- 5:45am – 6:30am W/ Trish  
8:15am - 9:15am W/ Kim  
6:30pm – 7:15pm W/ Jim  
Fri - 5:00am - 5:45am W/ Trish  
Sat - 8:30am – 9:15am W/ Trish

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Step/Sculpt</b> Crystie L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>Step/Sculpt</b> Crystie L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>SPIN</b> w/Trish 5:00-5:45am	Tri Club Training 7:30-8:15 <b>NOT A CLASS</b>
<b>Step/Sculpt</b> w/Trish L 2-3 C1-2 8:15-9:15am	<b>SPIN</b> w/Kim 8:15-9:15am	<b>Step/Sculpt</b> w/Trish L 2-3 C1-2 8:15-9:15am	<b>SPIN</b> w/Kim 8:15-9:00am	<b>Step/Sculpt</b> Sherrie L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 8:30-9:15am
<b>Fit over 50!</b> W/ Sylvia L1-2 CO 9:15-10:15am	<b>Int/Adv Step</b> W/Paige L2-3 C2-3 9:30-10:30am	<b>Fit over 50!</b> W/ Debbie LI-2 CO 9:15-10:15am <b>Step/Sculpt Interval</b> w/Colleen 10:30-11:30am	<b>Int/Adv. Step/Abs</b> W/Paige L2-3 C2 9:30-10:15	<b>Sculpt/Core</b> w/Mickey L1-3 8:15-9:15am	<b>Step</b> w/ Sue C3 9:30-10:30am
<b>Step/Sculpt</b> w/Ana 10:30-11:30am 11:40-12:40 Cardio/Core/ Strength w/Colleen	<b>Yoga</b> w/ Barbara 10:30-11:30am	<b>Fit Kids</b> W/Colleen <b>Age 3-5</b> 11:30-12:00	<b>Body Sculpt</b> w/Paige L1-2 CO 10:15-10:45am	<b>Sculpt &amp; Sweat</b> W/Jo D 9:30-10:30	<b>Zumba</b> w/ Katie 10:45-11:45am
<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	<b>Beginner Yoga</b> W/ Arlene 12:00 – 1:00	<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	<b>Gentle Yoga</b> w/ Arlene 11:00-12:00	<b>Step/Sculpt</b> w/ Colleen 10:45-11:45am	<b>SUNDAY</b> <b>Sculpt/Sweat</b> w/ Elaine LI-3 CO 2:00-3:00
<b>Sculpt &amp; Sweat</b> w/Sherrie L2-3 CO 4:10-5:10pm		<b>Sculpt &amp; Sweat</b> w/ Sherrie L2-3 CO 4:10-5:10pm	<b>Step Interval</b> w/Melissa L2-3 C2 4:00-5:00pm	<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	
<b>Step</b> w/ Melissa L2-3 C1-2 5:15 - 6:15 pm	<b>Step Interval</b> w/ Crystie LI-3 C1-2 5:15 - 6:15 pm	<b>Beginner Step</b> w/ Crystie 5:30 - 6:15 pm	<b>Core Conditioning</b> W/ Sherrie 5:00-5:30pm	<b>Sculpt &amp; Sweat</b> w/Sherrie L2-3 CO 3:45-4:45pm	
<b>Yoga Beg/Int</b> w/Kim L 1-2 6:30-7:30pm	<b>SPIN</b> w/ Randy 6:30-7:15pm	<b>Hi-Lo Sculpt</b> W/Mickey L1-3 CO 6:30 – 7:30pm	<b>Zumba</b> w/ Katie 5:30 – 6:15pm	<b>30/30 Sculpt</b> w/ Mickey 5:15-6:15pm	
<b>Sculpt &amp; Sweat</b> w/ Mickey LI-3 CO 7:30-8:30pm	<b>Sculpt &amp; Sweat</b> w/ Elaine LI-3 CO 7:30-8:30pm	<b>SPIN</b> w/ Jim 7:30 – 8:15pm	<b>SPIN</b> w/ Jim 6:30-7:15pm		
			<b>Sculpt &amp; Sweat</b> w/Elaine LI-3 CO 7:30-8:30pm		

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