



# SOUTH SIDE YMCA *Spring* FITNESS SCHEDULE



February 21 - April 4, 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
\$6:00a - 7:00a Military Boot Camp John	6:15a - 7:15a Cycling Judy	\$6:00a - 7:00a Military Boot Camp John		\$6:00a - 7:00a Military Boot Camp John		
6:15a - 7:15a AM Cardio Burn Yannette	7:15a - 8:00a TNT! (abs) Andrew	6:15a - 7:15a AM Cardio Burn Yannette	7:15a - 8:00a TNT! Tighten n Tone Andrew			
7:20a - 8:05a Circuit Express John		7:20a - 8:05a Circuit Express John		7:20a - 8:05a Circuit Express John		
8:15a - 9:00a CORE & MORE Renata	8:00a - 9:00a Step Up! Renata	8:15a - 9:00a CORE & MORE Renata	8:00a - 9:00a Step Up! Renata		8:00a - 9:00a AM Cardio Burn Judy	
8:45a - 9:45a Cycling Yanette		8:45a - 9:45a Cycling Yanette		8:45a - 9:30a Cycling Yanette	8:30a - 9:30a Intermediate Cycling Kylana	
9:00a - 10:00a Mad Flex Renata	9:00a - 10:00a Yoga Leona	9:00a - 10:00a Mad Flex Renata	9:00a - 10:00a Yoga Leona	9:30a - 10:00a Ab Attack Yanette	9:00a - 10:00a Body Conditioning Louis	
10:00a - 11:00a AM Cardio Jam! Yanette	10:00a - 11:00a 55 and FIT! Madeline	10:00a - 10:45a TNT! Tighten n Tone Shera	10:00a - 11:00a 55 and FIT! Madeline	10:00a - 10:45a TNT! Tighten n Tone Shera	10:00a - 11:00a Cardio Kickbox Louis	
10:00a - 11:00a SilverSneakers@ MSROM Leona - Studio B	10:00a - 11:00a SilverSneakers@ YogaStretch Leona - Studio B	10:00a - 11:00a SilverSneakers@ MSROM Leona - Studio B			Try our Saturday Sampler the 1st Saturday every month....Five back to back classes. Try one or all five!	
		10:45a - 11:30a Step UP! Shera				
11:00a - 12:00p SilverSneakers@ Cardio Circuit Leona - Studio B	11:00a - 12:00p Mad Flex Madeline	11:00a - 12:00p SilverSneakers@ Cardio Circuit Leona - Studio B	11:00a - 12:00p Mad Flex Madeline			\$11:00 - 12:00p BOSU Andrew
				4:30p - 5:30p Ultimate Conditioning Andrew		12:00p - 1:00p Sweat Shop Andrew
Intro to Step 4 - 4:30p		Intro to Step 4 - 4:30p				1:00p - 2:00p Ultimate Conditioning Andrew
4:30p - 5:30p Hip Hop Step Mendell	4:30p - 5:30p Pilates Shakeila	4:30p - 5:30p Hip Hop Step Mendell	4:30p - 5:30p Yogilates Shakeila	5:30p - 6:30p Step Andrew	<div style="text-align: center;"> <p><b>WABASH YMCA</b> 3763 S. Wabash 773.285.0020</p> <p><b>Monday</b> 5:00 - Tighten n Tone 5:45p - Cardio Fusion</p> <p><b>Wednesday</b> 5:00 - Tighten n Tone 5:45p - Cardio Fusion</p> </div>	
5:30p - 6:30p Cycling Judy	5:30p - 6:30p TNT! Tighten n Tone Andrew	5:30p - 6:30p Cycling Judy	5:30p - 6:30p TNT! (abs) Andrew	6:30p - 7:30p PM Cardio Burn Judy		
5:30p - 6:30p Yoga Leona	SUPERHEROES (Ages 6-12) 6:00p-6:45p/GYM	5:30p - 6:30p Yoga Leona	SUPERHEROES (Ages 6-12) 6:00p-6:45p/GYM			
6:30p - 7:30p Gospel Aerobics Judy	Fit & Fun (Ages 8-12) 6:45p-7:30p	6:30p - 7:30p Gospel Aerobics Judy	Kids Play(Ages 8-12) 6:45p-7:30p/Studio B			
	6:45p - 7:30p Mix It Up Step Andrew	Kids Play(Ages 8-12) 6:45p-7:30p/Studio B	6:45p - 7:30p Mix It Up Step Andrew	Mix It Up Step Tu/Th 6:45p Held In The Gym Third Court		
	\$6:30p - 7:30p Karate (ages 5-17) Keith-Community Room	\$7:30 - 8:30p Egyptian Bellydance Khalidah	7:45 - 8:30p Zumba Alicia			
	\$7:30p - 8:30p Karate (Adult) Keith-Community Room		\$6:30p - 7:30p Karate (ages 5-17) Keith-Community Room			
	\$7:30 - 8:30p P-Kay's Hoop Aerobics		\$7:30p - 8:30p Karate (Adult) Keith-Community Room			

**Classes subject to change or cancellation**