

YMCA of Indiana County, Spring Fitness Class Schedule Updated 5/2/2011

	Monday		Tuesday		Wednesday		Thursday		Friday	
	Aerobics Room	Gym	Aerobics Room	Gym	Aerobics Room	Gym	Aerobics Studio	Gym	Aerobics Studio	Gym
6:00 am	Wake Up Call 600 – 630am Marty				Wake Up Call 600 – 630am Marty					
7:00 am			Transformation 730 – 830am Jason				Transformation 730 – 830am Jason			
8:00 am										
9:00 am	Hi-Lo 915 – 1015am Molly	Cardio Circuit SS 900 – 945am Marti		Cardio Circuit SS 900 – 945 am Marti	Intermediate Step 915 – 1015 am Molly	MSROM SS 900 – 945 am Donna	Abs, Buns, and Guns 915 – 1015am Kelli	Cardio Circuit SS 900 – 945am Marlene	Strength & Endurance 915 – 1015 am Marlene	MSROM SS 900 – 945 AM Donna
10:00 am	Women’s Self Defense 1030 – 1130am Ason	MSROM SS 1000 – 1045am Marti		MSROM SS 1000 – 1045 am Donna	Yoga 1030am – 1130am Heather	Senior Gym 1000 – 1045 am Donna		MSROM SS 1000 – 1045 am Donna		
11:00 am			Fit/Mix 1100 – 1200 pm Donna				Fit/Mix 1100 – 1200 pm Donna			
12:00 pm										
1:00 pm										
2:00 pm										
3:00 pm										
4:00 pm										
5:00 pm	Step Motivation 515 – 615pm Teri	Boot Camp X 530 – 630 pm Franko	Core Fitness 545 – 645 pm Ann Marie	Spinning Abs/Arms 530 – 630 pm Sarah	Advanced Step 515 – 615 pm Teri	Bootcamp X 530 – 630 pm Franko	Spinning Abs/Arms X 530 – 630 pm Franko	Zumba 545 – 645 pm Katie	Burn 300 500 - 600 pm Franko	
6:00 pm	Lo-Impact 615 – 715pm Laurie	Box & Burn 500 630 – 730 pm Donnie			Lo-Impact 615 – 715 pm Laurie		Body Sculpting 645 – 745 pm Anne Marie			
7:00 pm			Zumba 700 – 800 pm Katie							