

CALEDONIA YMCA AEROBICS SCHEDULE

Current schedule as of 03/01/10

<u>MON.</u>	<u>TUES.</u>	<u>WED.</u>	<u>THURS.</u>	<u>FRI.</u>
8:00-9:00 am Sr. Exer. Class (meets year-round)		8:00-9:00 am Sr. Exer. Class (meets year-round)		8:00-9:00 am Sr. Exer. Class (meets year-round)
	7:45 - 8:30 am Pilates		7:45 - 8:30 am Pilates	
4:30 - 5:15 pm Super Body Blast	4:30 - 5:30 pm Zumba	4:30 - 5:15 pm Super Body Blast	4:30 - 5:30 pm Zumba	
	5:45 - 6:30 PM Abs-N-Stretch		5:45 - 6:30 pm Super Body Blast	

YMCA MEMBERS - NO CHARGE

NON-MEMBERS - \$3.00 PER CLASS
\$5.00 PER CLASS FOR
ZUMBA