

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

LAND CLASSES

8:30-9:30AM
COLLUMS
SENIORS
YOGA
9:30-10:30AM
(RA)
9:45-10:30 AM
SR. STRETCH (PG)
3:25-4:10PM
KID FIT

4:15-5:00 PM
SUPERTONE:
(RA) Cardio Kick

5:00-5:15 PM
BELLY ACHE (RA)

5:30-6:30 PM
PILATES (CR)

5:30-6:15PM
ZUMBA® (PG)

8:30-9:30 AM
SUPERTONE (RA)

8:30-9:30AM
Silver Sneakers I®
MSROM (PG)
9:45-10:30AM
ZUMBA® (PG)
Begin June 1, 2010

4:00-4:55 PM
SUPERTONE (RA)

5:00-5:30PM
DISCO ABS (RA)
Begin June 1, 2010

5:35-6:30 PM
CIRCUIT STEP (RA)

8:30-9:30 AM
DANCE STEP®(RA)

9:00-10:00 AM
SR.STRETCH (PG)
3:30-4:15PM
KID FIT

5:30-6:15PM
ZUMBA® (PG)

8:30-9:30 AM
CONDITIONING (RA)

8:30-9:30(AM)
Silver Sneakers I®
MSROM (PG)
9:45-10:30AM
ZUMBA® (PG)
Begin June 1, 2010

4:15-5:00 PM
SLOW MOVEMENT (RA)

5:30-6:30 PM
CIRCUIT STEP (RA)

5:30-6:30 PM
PILATES (CR)

8:30-9:30 AM
TOTAL BODY (RA)

8:30-9:30AM
COLLUMS
SENIORS

9:00-9:45 AM
ZUMBA® (PG)

SPINNING® CLASSES

8:30-9:15 AM
SPINNING® (RA)
4:30-5:15PM
5:30-6:16PM
SPINNING® (RS)

SPINNING® (RS)
5:15-6:00 AM
TEEN SPINNING®
3:30-4:15PM(RS)
4:45-5:30 & 5:40-6:25
PM
SPINNING® (RS)

4:45-5:30 PM
SPINNING® (RS)

SPINNING® (RS)
5:15-6:00 AM
TEEN SPINNING®
3:30-4:15PM(RS)
4:45-5:30 & 5:40-6:25 PM
SPINNING® (RS)

4:45-5:30 PM
SPINNING® (RS)

WATER CLASSES

6:15-7:15 AM H2O
AEROBICS
7:20-8:10AM
SR H2O
9:30-10:30 AM
SR. AQUATICS
5:35-6:20PM
H2O AEROBICS

7:20-8:10AM
PARKINSON
9:30-10:30 AM
SR. AQUATICS

6:15-7:15 AM H2O
AEROBICS
7:20-8:10AM
SR H2O
9:30-10:30 AM
SR. AQUATICS
5:35-6:20PM
H2O AEROBICS

7:20-8:10AM
PARKINSON
9:30-10:30 AM
SR. AQUATICS

6:15-7:15 AM H2O
AEROBICS
7:20-8:10AM
SR H2O
9:30-10:30 AM
SR. AQUATICS

9:00-10:00 AM
H2O AEROBICS

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

FITNESS CLASS SCHEDULE

As of June 1, 2010

PG – Phillips Gym RA – Reece Aerobics RS – Reece Spinning CR – Conference Room

www.columbus-ymca.com Phone – 662/328/7696 Fax – 662/328/9476

All classes – FREE for YMCA Members.

Program Members- \$3.00 per class/\$5.00 for ZUMBA®, & SPINNING®