



**RUDY WEST (NEW HOPE) YMCA
FITNESS SCHEDULE
EFFECTIVE SEPTEMBER 2009**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|------------------------------------|---------------------------|------------------------------------|---------------------------|---------------|
| 5:00-5:45 A.M. YOGA | 5:00-5:45 A.M. PILATES | 5:00-5:45 A.M. YOGA | 5:00-5:45 A.M. PILATES | |
| 5:45-6:00 A.M. AB ATTACK | | 5:45-6:00 A.M. AB ATTACK | | |
| 8:30-9:30 A.M. CONDITIONING | | 8:30-9:30 A.M. CONDITIONING | | |
| 9:45-10:15 A.M. SILVER SNEAKERS | | 9:45-10:15 A.M. SILVER SNEAKERS | | |
| 5:45-6:45 P.M. CARDIO KICK | 5:45-6:30 P.M. STEP | | 5:45-6:45 P.M. STEP | |