



CALEDONIA YMCA
PROGRAMS SCHEDULE
As of September 2011

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>
FITNESS CLASSES					
	7:45-8:30am PILATES		7:45-8:30am PILATES		
8:00-9:00am Senior Exercise		8:00-9:00am Senior Exercise		8:00-9:00am Senior Exercise	
4:45-5:30pm Supertone	4:00-4:45pm Yogalates		5:00-5:45PM ZUMBA® Toning (RA) COMING OCTOBER 2011		
5:45-6:30pm ZUMBA Fitness®	4:45-5:00 AB Attack		5:45-6:30pm ZUMBA Fitness®		
	Girly Girl 5:45-6:30PM				
CHILD WATCH HOURS					
	5:00-7:00PM Childwatch		5:00-7:00PM Childwatch		
ART CLASSES					
4:00-6:00pm 5-9 YEARS OLD	4:00-6:00pm 10 YEARS OLD & UP				
VOLLEY BALL/KARATE					
		Volleyball Class 3:30-4:45pm			
			5:30-6:30pm KARATE		