

## RED WING FAMILY YMCA FITNESS CLASS SCHEDULE

Updated schedule, good until December 28, 2008

|                  | AM Classes     |                                   | PM Classes   |                               |
|------------------|----------------|-----------------------------------|--|-------------------------------|
| <b>Monday</b>    | 5:45-6:45 am   | Spinlates                         | 12:10-1:00 pm  | Willpower & Strength          |
|                  | 7:30-8:15 am   | <i>Water Fitness Workout</i>      | 4:45-5:45 pm   | Step n Sculpt                 |
|                  | 8:15-9:00 am   | <i>Swimnastics</i>                | 5:30-6:15 pm   | <i>Splash Aerobics</i>        |
|                  | 8:45-9:30 am   | *AOA Forever Fit<br>Senior Center | 5:45-6:15 pm   | All About Abs                 |
|                  |                |                                   | 6:15-7:15 pm   | Power Yoga                    |
|                  | 9:15-10:15 am  | <i>Splash Aerobics</i>            |  |                               |
|                  | 9:15-10:00 am  | <i>Arthritis in H2O</i>           |  |                               |
|                  | 9:15-9:55 am   | Jamlates                          |  |                               |
|                  | 9:55-10:25 am  | All About Abs/Core                |  |                               |
|                  | 10:30-11:15 am | SilverSneakers ® MSROM            |  |                               |
| 11:30-12:10 pm   | Step           |                                   |  |                               |
| <b>Tuesday</b>   | 5:15-6:00 am   | Cycling                           | 12:15-1:15PM   | Pilates                       |
|                  | 6:00-6:30 am   | Body Blast                        | 4:45-5:45 pm   | Cardio Kickboxing             |
|                  | 6:30-7:00 am   | Yoga Stretch                      | 5:30-7:00 pm   | Advanced Yoga<br>small studio |
|                  | 7:30-8:15 am   | <i>Aqua Interval</i>              |  |                               |
|                  | 8:15-9:00 am   | <i>Deep Water Aerobics</i>        | 5:45-6:30 pm   | Willpower & Strength          |
|                  | 8:00-8:45 am   | SilverSneakers ® Cardio Circuit   | 6:35-7:30 pm   | <b>ZUMBA</b>                  |
|                  | 9:15-10:15 am  | Cycling                           |  |                               |
|                  | 10:30-11:30 am | *All About Babies                 |  |                               |
|                  | 11:30-12:15 pm | <b>ZUMBA</b>                      |  |                               |
| <b>Wednesday</b> | 5:45-6:45 am   | Spinlates                         | 12:15-1:00 pm  | Body Blast                    |
|                  | 7:30-8:15 am   | <i>Water Fitness Workout</i>      | 5:00-5:45 pm   | Cycle Circuit                 |
|                  | 8:15-9:00 am   | <i>Swimnastics</i>                | 5:45-6:15 pm   | All About Abs                 |
|                  | 8:45-9:30 am   | *AOA Forever Fit<br>Senior Center | 6:20-7:15 pm   | <b>ZUMBA</b>                  |
|                  |                |                                   | 7:20-8:35 pm   | Power Yoga                    |
|                  | 9:15-10:15 am  | <i>Splash Aerobics</i>            |  |                               |
|                  | 9:15-10:00 am  | <i>Arthritis in H2O</i>           |  |                               |
|                  | 9:15-9:55 am   | Jamlates                          |  |                               |
|                  | 9:55-10:25 am  | All About Abs/Core                |  |                               |
|                  | 10:30-11:15 am | SilverSneakers ® MSROM            |  |                               |
| 11:30-12:10 pm   | Step           |                                   |  |                               |
| <b>Thursday</b>  | 5:15-6:00 am   | Cycling                           | 12:15-1:15 pm  | Pilates                       |
|                  | 6:00-7:00 am   | Body Blast                        | 5:15-6:35 pm   | Step n Sculpt                 |
|                  | 7:30-8:15 am   | <i>Aqua Interval</i>              | 5:30-6:15 pm   | <i>Splash Aerobics</i>        |
|                  | 8:15-9:00 am   | <i>Deep Water Aerobics</i>        |  |                               |
|                  | 8:00-8:45 am   | SilverSneakers ® Cardio Circuit   |  |                               |
|                  | 9:15-10:15 am  | Cycle Circuit                     |  |                               |
|                  | 11:30-12:15 pm | <b>ZUMBA</b>                      |  |                               |
| <b>Friday</b>    | 6:00-7:00 am   | Power Yoga                        | 12:15-1:00 pm  | Body Blast                    |
|                  | 7:30-8:15 am   | <i>Water Fitness Workout</i>      | 4:00-4:45 pm   | <i>Splash Aerobics</i>        |
|                  | 8:15-9:00 am   | <i>Swimnastics</i>                | 6:00-6:45 pm   | *Tai Chi                      |
|                  | 9:15-10:15 am  | <i>Splash Aerobics</i>            |  |                               |
|                  | 9:15-10:00 am  | <i>Arthritis in H2O</i>           |  |                               |
|                  | 9:15-10:15 am  | Willpower & Strength              |  |                               |
|                  | 10:30-11:15 am | SilverSneakers ® MSROM            |  |                               |
|                  | 11:30-12:10 pm | Step                              |  |                               |
| <b>Saturday</b>  | 7:15-8:15 am   | Basic Yoga                        | * Indicates a fee and/or registration is required<br><b>ALL CLASSES ARE<br/>SUBJECT TO CHANGE!</b> |                               |
|                  | 8:25-9:10 am   | Cycling<br>Nov 1 - April 25       |  |                               |
|                  | 9:15-10:15 am  | INSTRUCTOR'S CHOICE               |  |                               |