

RED WING FAMILY YMCA GROUP FITNESS CLASS SCHEDULE

Begins September 7th, 2010

	AM Classes		PM Classes	
Monday	5:30 - 6:15 am	Cycling	12:15-12:45 pm	*Kettlebells Pass and Punch card required
	6:15 - 7:00 am	Body Blast		
	9:00-9:45 am	*AOA Forever Fit -Sr Center	4:45-5:40 pm	Step n Sculpt
	9:15-10:00 am	Arthritis in H2O	5:45 - 6:45 pm	Zumba®
	9:10-9:50 am	Jamlates	6:00 - 7:00 pm	Pilates - small studio
	9:50-10:20 am	All About Abs/Core	7:00-8:15 pm	Vinyasa 2/3- Strength and Balance Flow Yoga
	10:35-11:20 am	SilverSneakers® MSROM		
	11:30-12:10 pm	INSTRUCTOR'S CHOICE		
Tuesday	6:00-6:45 am	*Kettlebells Pass and Punch card required	12:15-1:15 pm	Vinyasa 1/2- Go with the Flow Yoga
	8:00-8:50 am	SilverSneakers® Cardio Circuit	4:45-5:40 pm	Cardio Kickboxing
	9:15-9:55 am	Cycling	5:40-6:40 pm	Family Yoga small studio
	10:00-10:30 am	Body Blast Express	5:45-6:15 pm	All About Abs
	11:15-12:10 pm	Zumba®	6:30-7:30 pm	*Pre-Natal/Post-Partum Yoga September 28th -November 2nd Fee \$30 / FREE for members
Wednesday	6:00-7:00 am	Zumba®	12:15-1:00 pm	Body Blast
	9:00-9:45 am	*AOA Forever Fit - Sr Center	4:45-5:40 pm	Cycle Circuit
	9:15-10:00 am	Arthritis in H2O	5:45-6:55 PM	Zumba
	9:10-9:50 am	Jamlates	6:00-6:50 pm	Vinyasa Yoga 1/2 small studio
	9:50-10:20 am	All About Abs/Core		
	10:35-11:20 am	SilverSneakers® MSROM	7:00-8:15 pm	Vinyasa 2/3- Strength and Balance Flow Yoga
	11:30-12:10 pm	Step		
Thursday	5:15-5:55 am	Cycling	12:15-1:15 pm	Pilates
	6:00-6:45 am	*Kettlebells Pass and Punch card required	4:45-5:15 pm	*Kettlebells Pass and Punch card required
	6:45-7:05 am	Yoga Stretch	5:20-6:05 pm	Step
	8:00-9:00 am	SilverSneakers® Cardio Circuit	6:10-6:45 pm	Body Blast
	9:15-10:00 am	Cycling	6:00-6:50 pm	Vinyasa 1/2- Go with the Flow Yoga small studio
	11:15-12:10 pm	Zumba®		
Friday	6:00-7:00 am	Power Yoga	12:15-1:00 pm	Body Blast
	9:15-10:00 am	Arthritis in H2O	1:10-1:50 pm	Zumba® - Just Added!
	9:15-10:15 am	Willpower & Strength	5:15 - 6:00 pm	*Tai Chi - Long Form
	10:35-11:20 am	SilverSneakers® MSROM		
	11:30-12:10 pm	Step		
Saturday	7:15-8:15 am	Basic Yoga	* Indicates a fee and/or registration is required ALL CLASSES ARE SUBJECT TO CHANGE!	
	8:25-9:10 am	Cycling Nov 6 - March 26		
	9:15-10:15 am	INSTRUCTOR'S CHOICE		