




YMCA @ White Rock

May FITNESS SCHEDULE

TO PUT CHRISTIAN VALUES INTO PRACTICE THROUGH PROGRAMS THAT BUILD HEALTHY SPIRIT, MIND AND BODY FOR ALL.

Class Locations: F= Field House M=Multi-purpose room/ YP= Yoga/Pilates Studio/ FF=Fitness Floor/ CR=Cycle Room

| <u>TIME</u> | <u>MON.</u> | <u>TUES.</u> | <u>WED.</u> | <u>THURS.</u> | <u>FRI.</u> | <u>SAT.</u> | <u>SUN.</u> |
|-------------|---|---|--|--|--|---------------------------|-------------|
| 5:45 A.M. | CYCLE (CR) JOHN | BENCH BLAST (M) MICHELLE | CYCLE (CR) JOHN | INTERVAL TRAINING (M) PETE | CYCLE (CR) JOHN | | |
| 8:00 A.M. | LINE DANCING JUDY (YP) | | LINE DANCING JUDY (M) | | | | |
| 8:30 A.M. | ADVANCED STEP (M) KRISTI | BENCH BLAST (M) MICHELLE | YOGA (Y/P) GREG W. | BENCH BLAST (M) KRISTI  | ZUMBA (M) KRISTI INTRODUCTION TO YOGA (YP) GREG W. | CYCLE (CR) JOHN | |
| 9:00 A.M. | | INTRODUCTION TO PILATES (Y/P) AARON (20 minute class) | | | | YOGA (YP) GREG | |
| 9:30 A.M. | CYCLE (CR) DINAH AOA (M) KRISTI POWER PILATES (Y/P) CANDY | PILATES (YP) STEPHANIE | CYCLE (CR) STACI AOA (M) KATHLEEN | MIX & MATCH (M) KRISTI PILATES (YP) MARTHA | CYCLE (CR) DINAH AOA (M) KRISTI | STEP & GROOVE (M) YESENIA | |
| 10:30 A.M. | BODY SCULPT (M) MICHELLE SILVER CIRCUIT (FF) FITLINXX | SILVER SNEAKERS (M & YP) MARYKAY | KICKBOXING (M) CANDY SILVER CIRCUIT (FF) FITLINXX | SILVER SNEAKERS (M & YP) DINAH | SILVER CIRCUIT (FF) FITLINXX TGIF (M) Thank Goodness It's Fitness Friday ! PETE | PILATES (M) LINDA | |
| 4:30 P.M. | | | | | | | |
| 6:00 P.M. | CYCLE (CR) DINAH | CONDITIONING, CARDIO & CORE (M) CAREY | CYCLE (CR) CANDY | | | | |
| 6:30 P.M. | ZUMBA (M) ELENA | YOGA (YP) MARTHA | CORE & MORE (M) LAURA | YOGA (YP) MARJ | | | |
| 7:00 P.M. | PILATES (YP) LYN | | | | | | |
| 7:30 P.M. | YOGA (M) GREG M. | | YOGA (M) GREG M. | | | | |



CLASS DESCRIPTIONS ARE ON THE REVERSE SIDE! ALL CLASSES ARE FREE AND PART OF YOUR MEMBERSHIP!!