




# YMCA @ White Rock

## November 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.						YOGA (YP) GREG	
9:30 A.M.	CYCLE (CR) DINAH AOA (M) KRISTI POWER PILATES (Y/P) CANDY	 ZUMBA GOLD (M) KRISTI PILATES (YP) STEPHANIE SPIN 101 (CR) DINAH (15-20 minutes)	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  TGIFF (M) Thank Goodness It's Fitness Friday ! PETE	PILATES (M) LINDA	
5:00 P.M.	YOUTH FIT & FUN ROBERT (FH)						
6:00 P.M.	CYCLE (CR) DINAH	CONDITIONING, CARDIO & CORE (M) CAREY	CYCLE (CR) CAREY				
6:30 P.M.	DANCE & GROOVE (M) YESENIA	YOGA (YP) MARTHA	CORE & MORE (M) PETE	YOGA (YP) MARJ			
7:00 P.M.	PILATES (YP) STEPHANIE						
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!!



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