




Waynesboro Family YMCA Group Fitness Schedule...August 2008

MON	TUES	WED	THUR	FRI	SAT
6:00- 7:00 am Combat Training YMCA Jeff	6:00- 7:00 am Combat Training YMCA Jeff	6:00- 7:00 am Combat Training YMCA Jeff	6:00- 7:00 am Combat Training YMCA Jeff		
9:00-9:55 am Cycling Jeanne	9:00- 9:55 am Rep Reebok Cindy	9:00-10:00 am Step with abs Jeanne 6,20 Sharon 13 Amanda 27	9:00-9:55 am Body Sculpt Jeanne 7,14,21,28	9:00-9:55 am Cardio Crazy with abs Andrea 1,8 Cindy 15,22,29	8:30-9:15 am Cardio Crazy Andrea 2 Laura Lee 16 Jessie 23, no class 30 Cycling Jeanne 9
10:00-11:30 am Yoga* YMCA Tilak	10:00- 10:45 Kick Express Cindy	10:00- 11:30 am Yoga* YMCA Tilak	10:00-10:45 am Endurance Ride Jeanne 7,14,21,28		9:15-10:00 am Body Sculpt Andrea 2, Jessie 23 Jeanne 9 Laura Lee 16
9:30 AM Fit Chicks* YMCA Mary Beth	11:00 AM YogaStretch* YMCA Mary Beth	9:30 AM Fit Chicks* YMCA Mary Beth	11:00 AM YogaStretch* YMCA Mary Beth		no class 30
	12:00 PM Silver Sneakers* YMCA Mary Beth		12:00 PM Silver Sneakers* YMCA Mary Beth		
					
		5:15- 6:00 pm Pilates Laura Lee			
6:00- 6:45pm Cardio Express 6:45- 7:00 pm Guts & Butts Jessie 11,18 Andrea 4,25	6:00- 6:55 pm Cycling Jeanne 5,12,26 Laura Lee 19	6:00- 6:45 pm Body Sculpt Laura Lee	6:00-7:00 pm Kickboxing Laura Lee		

Group Fitness Classes are offered by the Lifetime Center at AMC. All instructors are certified in group fitness exercise through a nationally recognized certification organization. We will offer safe, effective group fitness training. If you have any questions concerning the group fitness department, please contact Jeff Hersh. Classes that are not offered through the Lifetime Center at AMC will be denoted by a YMCA underneath the class title.

We will not offer classes Labor Day weekend! August 30- September 1, 2008

***ADULT DANCE CLASS - "EAST COAST SWING" BEGINS IN SEPTEMBER EVERY FRIDAY EVENING*

