

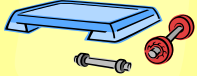



Waynesboro Family YMCA Group Fitness Schedule July 2010

MON	TUES	WED	THUR	FRI	SAT
6:00- 6:50 AM Combat Training YMCA Jeff	6:00- 6:50 AM Combat Training YMCA Jeff NO CLASS 6, 20	6:00- 6:50 AM Combat Training YMCA Jeff	6:00- 6:50 AM Combat Training YMCA Jeff		
9:00-9:55 AM Cycling Cynthia 5,12 Jeanne 19,26	9:00- 9:55 AM Muscle Pump Jenny 20,27 Rep Reebok Trish 6,13		9:00-9:45 AM Body Sculpt Jeanne 1,15,22,29 Trish 8	9:00 - 10:00 Gentle Yoga YMCA Gillian NO CLASS 2	9:00-9:55 AM Zumba no class 3Trish 10 Cynthia 24 Cycling LauraLee 17,31
10:00-11:30 AM Yoga YMCA Carrie	10:00- 10:45 AM Zumba Trish 6,13 no Zumba 20,27	10:00- 11:30 AM Yoga YMCA Carrie	9:45 - 10:30 AM Cycling Jeanne 1,15,22,29 Trish 8		
	11:00 AM SilverSneakers YogaStretch YMCA Mary Beth		11:00 AM SilverSneakers YogaStretch YMCA Mary Beth	11:45 - 12:30 AM Qigong YMCA Tony Cooper	
	12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth NO CLASS 13		12:00 PM SilverSneakers Muscular Strength Range of Movement YMCA Mary Beth		
					
	5:15-6:00 PM Body Sculpt Lauralee	5:15-6:00 PM Pilates Lauralee			
6:00- 6:55 PM Zumba w/ abs Trish 5,12 Cynthia 19,26	6:00-6:55 PM Cycling Lauralee	6:00- 6:55 PM Body Sculpt Lauralee	6:00-6:55 PM Kickboxing Lauralee		

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 Mary Beth Robb. Classes that are not offered through the Lifetime Center at AMC will be denoted by a YMCA underneath the class title.