

EAU CLAIRE YMCA GROUP EXERCISE CLASS SCHEDULE

Summer - SESSION II

EFFECTIVE August 2-September 12, 2010

*TIMES LISTED ARE START TIMES ONLY

UPDATED 5/24/1

FITNESS TRAINING CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 AM						
6:00 AM	Cardio Fusion		Aerobic Mix		Just Pump	
7:00 AM	SilverSneakers® II		SilverSneakers® II		SilverSneakers® II	
8:00 AM	Low Impact		Step		Low Impact	Zumba®
9:00 AM	Kickboxing Blitz	Cardio Fusion	Kickboxing Blitz	Cardio Fusion		Rotation
9:30 AM					Strength Jam	
9:40 AM		Fusion - Pilates & Yoga		Fusion - Pilates & Yoga		
9:55 AM	Mega Lift		*BOSU® Challenge			
10:30 AM		SBF		SBF		
12:00 PM	Yoga		Yoga			
4:30 PM	Just Pump		Just Pump			
5:00 PM						
5:30 PM			Fusion - Pilates & Yoga	Zumba®	Yoga/Yoga Ball	
5:50 PM				Cardio Dance		
6:00 PM		Zumba®		(held in Party Room)		
6:30 PM	Kickboxing Blitz					
7:20 PM	Butts N' Gutts					

INDOOR CYCLING ROOM

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	
8:00 AM						Indoor Cycling
9:00 AM	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	Indoor Cycling	
5:00 PM		Indoor Cycling				

POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00 AM	Hydro Aerobics	Hydro Aerobics	Hydro Aerobics	Hydro Aerobics	Hydro Aerobics	
9:00 AM	Pool-ates	Pool-ates	Pool-ates	Pool-ates	Pool-ates	
9:15 AM	Joint Efforts	Joint Efforts	Joint Efforts	Joint Efforts	Joint Efforts	
7:00 PM	Aqua Boxing		Aqua Challenge			

RAQUETBALL COURT # 3

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00 AM	SilverSneakers® I		SilverSneakers® I			
10:15 AM			SilverSneakers® I		SilverSneakers® I	
10:30 AM		SilverSneakers® I		SilverSneakers® I		

* Space is Limited in the BOSU Challenge class.

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OVER

www.eauclaireymca.org