

EAU CLAIRE YMCA GROUP EXERCISE CLASS SCHEDULE

FALL - SESSION I

EFFECTIVE September 13-November 7, 2010

*TIMES LISTED ARE START TIMES ONLY

UPDATED 8/24/10

FITNESS TRAINING CENTER

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Saturday
5:45 AM							
6:00 AM	Cardio Fusion		Aerobic Mix		Just Pump		
7:00 AM	SilverSneakers® II		SilverSneakers® II		SilverSneakers® II		
7:45 AM		Muscle Up!					
8:00 AM	Low Impact		Step		Low Impact	Zumba®	
9:00 AM	Kickboxing Blitz	Cardio Fusion	Kickboxing Blitz	Cardio Fusion	Zumba®		
9:30 AM							
9:40 AM		Fusion - Pilates & Yoga		Fusion - Pilates & Yoga			
10:00 AM	Yoga II		Yoga I				
10:30 AM		SBF		SBF			
12:00 PM		Yoga		Yoga			
4:30 PM	Just Pump	Cardio Fusion	Just Pump	Cardio Fusion	Strength Jam		Turbo Kick
5:00 PM		Fusion - Pilates & Yoga		Fusion - Pilates & Yoga			
5:30 PM	Cardio Dance		Fusion - Pilates & Yoga		Yoga/Yoga Ball		
6:00 PM		Zumba®		Kickboxing Blitz			
6:30 PM	Kickboxing Blitz		Zumba®				
7:15 PM			Yoga II				

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	
5:30 PM	Indoor Cycling	Indoor Cycling	Indoor Cycling	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-Altes"	"Pool-Altes"	"Pool-Altes"	"Pool-Altes"	"Pool-Altes"	
9:15 AM	Joint Efforts	Joint Efforts	Joint Efforts	Joint Efforts	Joint Efforts	
7:15 PM	Aqua Boxing	Gental Waves	Aqua Challenge			

PARTY ROOM

	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		

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OVER

www.eauclaireymca.org

