

YMCA Group Exercise Rotation Schedule 2010

<u>Cardio Fusion</u>		<u>Zumba</u>		<u>Rotation</u>	
<u>Monday 6:00 AM</u>		<u>Saturday 7:30 AM</u>		<u>Saturday 8:35 AM</u>	
May 3	Cathie W.	May 1	Kristi F.	May 1	Circuit Express— <i>Kristi F.</i>
May 10	Kim Hill	May 8	Agusta	May 8	Strength Jam— <i>Heather S.</i>
May 17	Cathie W.	May 15	Kristi F.	May 15	Circuit Express— <i>Kristi F.</i>
May 24	Cathie W.	May 22	Agusta	May 22	TBD
May 31	Kim Hill	May 29	TBD	May 29	TBD
June 7	Cathie W.	June 5	Agusta	June 5	Turbo Kick— <i>Abby H.</i>
June 14	Kim Hill	June 12	TBD	June 12	Strength Jam— <i>Heather S.</i>
June 21	Cathie W.	June 19	Agusta	June 19	Turbo Kick— <i>Abby H.</i>
June 28	Cathie W.	June 26	TBD	June 26	Yoga— <i>Sandy</i>
July 5	Cathie W.	July 3	Agusta	July 3	Turbo Kick— <i>Abby H.</i>
July 12	Kim Hill	July 10	TBD	July 10	Strength Jam— <i>Heather S.</i>
July 19	Cathie W.	July 17	Agusta	July 17	Turbo Kick— <i>Abby H.</i>
July 26	Cathie W.	July 24	TBD	July 24	Yoga— <i>Sandy</i>
August 2	Cathie W.	July 31	Agusta	July 31	Just Pump— <i>Michelle B.</i>
August 9	Kim Hill	August 7	TBD	August 7	Turbo Kick— <i>Abby H.</i>
August 16	Cathie W.	August 14	Agusta	August 14	Strength Jam— <i>Heather S.</i>
August 23	Cathie W.	August 21	TBD	August 21	Turbo Kick— <i>Abby H.</i>
August 30	Kim Hill	August 28	Agusta	August 28	Yoga— <i>Sandy</i>

The "Rotation" Schedule is ONLY for the above listed classes. For a complete listing of YMCA Group Exercise Classes refer to regular schedule.