



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FITNESS SCHEDULE

Council Bluffs YMCA Fall I 9/6/10—10/23/10

<b>Aerobic Studio (Small Gym)</b>	MON	TUES	WED	THUR	FRI	SAT
	Body Pump 5:30-6:30am <i>(Lexy)</i>	Body Attack 5:30-6:30am <i>(Angie)</i>	Ultimate Combo 5:30-6:15am <i>(Angie)</i>	Body Pump 5:30-6:30am <i>(Angie)</i>	Pilates & More 5:30-6:15am <i>(Nicole)</i>	
	CC-Cardio w/Core 8:00-9:00am <i>(Beth)</i>					
	Curvy Yoga 9:30-10:15am <i>(Carrie)</i>	Body Pump 9:15-10:15am <i>(Linda)</i>	Zumba 9:00-9:45am <i>(Linda)</i>	Body Pump 9:15-10:15am <i>(Linda)</i>	Tai-Chi 9:00-9:45am <i>(Linda)</i>	Body Attack 8:00-9:00am <i>(Nicole)</i>
	Silver Sneakers 10:30-11:15am <i>(Kat)</i>	Sr. Vive 10:30-11:15am <i>(Linda)</i>	Silver Sneakers 10:30-11:15am <i>(Kat)</i>	Sr. Vive 10:30-11:15am <i>(Linda)</i>		Body Pump 9:00-10:00am <i>(Thea)</i>
	Body Attack 12:15-1:00pm <i>(Shelly)</i>	Body Pump 12:15-1:00pm <i>(Beth)</i>	Yoga Ball 12:15-1:00pm <i>(Angie)</i>	Step & Core 12:15-1:00pm <i>(Beth)</i>	Ultimate Combo 12:15-1:00pm <i>(Carrie)</i>	
	Body Pump 4:30-5:30pm <i>(Suzanne)</i>	Ultimate Combo 4:30-5:15pm <i>(Rachel)</i>	Step 4:30-5:15pm <i>(Shannyn)</i>	Curvy Yoga 4:15-5:15pm <i>(Carrie)</i>		
	Tai-Chi 5:30-6:15pm <i>(Linda)</i>	Pilates & More 5:30-6:15pm <i>(Nicole)</i>	Body Pump 5:30-6:30pm <i>(Sarah)</i>	Body Vive 5:15-6:15pm <i>(Shannyn)</i>	Kick Boxing 5:15-6:00pm <i>(Traci)</i>	
Body Pump 6:15-7:15pm <i>(Traci)</i>	Kick Boxing 6:15-7:00pm <i>(Nicole)</i>	Zumba 6:30-7:15pm <i>(Sarah)</i>	PIYo 6:15-7:00pm <i>(Thea)</i>			

<b>Cycling Room</b>	Location	MON	TUES	WED	THUR	FRI	SAT
			Cycling 6:00-6:45am		Cycling 6:00-6:45am		
						Cycling 9:15-10:00am <i>(Kat)</i>	Fit Fusion <i>(Cycling &amp; yoga)</i> 8:00-9:00am
					Cycling 12:15-1:00pm		
	Cycle for fun 5:25-6:10pm <i>(Suzanne/Traci)</i>						

<b>Special Classes</b>	Location	MON	TUES	WED	THUR	FRI	SAT
		Tween/Teen Yoga 3:30-4:15pm <i>(Carrie)</i>					
	ISD <i>(Lied Center)</i> Register at ISD		Ultimate Combo 4:15-5:15pm <i>(Shannyn)</i>	Yoga 4:15-5:15pm <i>(Carrie)</i>			
Arranged		Jr. Trainer 5:30-6:30pm <i>(Kristen)</i>	Jr. Trainer 6:30-7:30pm <i>(Kristen)</i>	Jr. Trainer 5:30-6:30pm <i>(Kristen)</i>			

**Body Pump Class is Limited to 24 Participants**