



**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

FITNESS SCHEDULE

TWIN RIVERS YMCA – Fall II October 23rd—December 10, 2011

SUN	MON	TUES	WED	THUR	FRI	SAT
	Body Pump Pat 5:30-6:30am	Body Attack Kris 5:30-6:30am	Body Pump Pat 5:30-6:30am		Body Pump Pat 5:30-6:30am	Body Pump Ellis 7:15-8:15am
	Body Pump Kris 8:15-9:15am	Top of the Hill Low Impact Judy 8:30-9:15am	Body Pump Donna 8:15-9:15am Group Cycling Donna 9:30-10:30am	Body Pump Kris 8:15-9:15 am	Top of the Hill Low Impact Judy 8:30-9:15am	Body Attack Renee 8:30-9:30am Group Cycling Dennis 8:30-9:30 am Teen Center
	Group Cycling-Donna 9:30-10:20 Teen Center		Zumba Anna 9:30-10:15am	Body Attack Kris 9:30-10:30am	Body Pump Kris 9:30-10:30am	
	Zumba Anna 11:30am-12:15pm	Tumbling Angie 5:00-6:00pm Ages: 4-5		Youth Dance Kathy 5:00pm Dance II 6:00pm Dance I 6:45pm Combo		Tumbling Angie 11:00am- 12:00pm Ages: 6-10
				Zumba Anna 5:30pm-6:30pm		
	Body Attack Renee 5:30-6:30pm	Boot Camp Ben/Brian 5:00-6:00pm	Step/Body Sculpt Renee 5:30-6:30pm	Boot Camp Ben/Brian 5:00-6:00pm		
	Body Pump Renee 6:45-7:45pm	Group Cycling Dennis 6:00-6:50pm Teen Center	Body Pump Renee 6:45-7:45pm	Group Cycling Dennis 6:00-6:50pm Teen Center		
		Yoga Susan 6:30-7:30pm		Martial Arts James 5:00pm Lil Dragons 6:00pm Jr/ Coed adult and family Large Gym		