

PENINSULA FAMILY YMCA GROUP FITNESS SCHEDULE

November 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 Cardio Gliding (Kristin)		6:00 Low Impact/Step (Jenny/Peggy)		6:00 TBW (Meg/Jenny) <i>New</i>	
7:15 Mat- Based Pilates (Kristin)	7:00 Strength Training (Robyn)	7:15 Mat-Based Pilates (Kristin)	7:00 Strength Training (Robyn)	7:10 Pilates 50/50 (Robyn/Janice)	
7:30 Aqua-Fit (Caren)	7:30 Aqua-Fit (Caren)	7:30 Aqua-Fit (Caren)	7:30 Aqua-Fit (Caren)	7:30 Aqua-Fit (Caren)	
8:15 Zumba Gold (Lisbeth)	8:00 Step & Sculpt (Molly)	8:15 Foam Roller Release (Kristin)	8:00 Step & Sculpt (Molly)	8:15 Cardio Kickboxing (Jenny)	
9:15 Cardio/Strength Beginner Level (Shirley)	9:00 On The Ball (Elke)	9:15 Forever Fit (Robyn)	9:00 On The Ball (Pam)	9:15 – 10:00 Forever Fit (Elke)	9:00 Bootcamp Fitness (Kristin/Jenny) <i>New</i>
10:15 Eclectic Yoga (Jane)	10:00 Meditative Yoga (Jen)	10:15: Kundalini Yoga (Banoo)	10:00 Meditative Yoga (Jen)	10:15 Hatha Yoga (Suze)	NO CLASS Nov 21
11:00 Aqua-Fit Shallow Water (Marion)	11:00 Aqua-Fit Deep Water (Marion)	11:00 Aqua-Fit Shallow Water (Marion)	11:00 Aqua-Fit Deep Water (Marion)	11:00 Aqua-Fit Shallow Water (Marion)	
11:15 Pilates on a Roll (Kristin)	11:15 Cardio/Strength Beginner Level (Elke)		11:15 Cardio/Strength Beginner Level (Elke)	11:15 Gentle Chair Yoga (Robyn)	
			2:00 Back 2 School Bootcamp *Fee (Kristin)		
			3:00 Urban Dance *Fee (Christian)		
4:30 Body Balance (Janice)	4:00 Back 2 School Bootcamp *Fee (Kristin)	4:30 Body Balance (Janice)	4:30 Qigong (Dave)		
5:30 Zumba (Lisbeth)	5:30 Retro-robics Step (Peggy) <i>New</i>	5:30 Zumba (Lisbeth)	5:30 Retro-robics Step (Peggy) <i>New</i>		
	6:00 Aqua-Fit (Marion)		6:00 Aqua-Fit (Marion)		
6:30 Hatha Yoga (Banoo)	6:30 Pilates with Props (Robyn)	6:30 Hatha Yoga (Suze)	6:30 Pilates with Props (Robyn)		
	7:30 Karate *Fee (Jeff)		7:30 Karate *Fee (Jeff)		

Instructor subject to change without notice

For questions concerning fitness classes call 619 226-8888.