

Sandusky Area YMCA JUNE 2011 Fitness Schedule

Sunday 29-May	Monday 30-May	Tuesday 31-May	Wednesday 1-Jun	Thursday 2-Jun	Friday 3-Jun	Saturday 4-Jun
	Memorial Day YMCA is closed.	5:45 Early Bird (Carla) 8:00 Total Fitness (Cindra) 9:15 Zumba (Kath) 12:10 Pilates (Kath) 5:45 Step & Tone (Kath)	5:30 Early Bird (Gloria) 8:00 Yoga Stretch (Barb) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath) 5:30 Core Cond. (Claire) 6:15 Boot Camp (Claire)	5:45 Early Bird (Carla) 8:00 Total Fitness (Kath) 9:15 Y-Step (Kath) 12:10 Pilates (Kath) 5:30-5:45 Power Abs (Hannah) 5:45 - 6:45 Turbo Kick (Hannah) 7:00 Zumba (Carla)	5:30 Boot Camp (Kath) 8:00 Total Fitness (Lynda) 9:15 Strength Train (Claire) 10:30 SilverSneakers (Kath)	8:30 Zumba (Laura)
Sunday 5-Jun	Monday 6-Jun	Tuesday 7-Jun	Wednesday 8-Jun	Thursday 9-Jun	Friday 10-Jun	Saturday 11-Jun
	5:30 Early Bird (Kath) 8:00 Total Fitness (Cindra) 9:15 Strength Train (Loretta) 10:30 YogaStretch (Barb) 12:10 Core Condition. (Eileen) 5:30 Zumba® (Loretta) 6:15 Core Condition. (Loretta)	5:45 Early Bird (Carla) 8:00 Total Fitness (Cindra) 9:15 Zumba (Kath) 12:10 Pilates (Kath) 5:45 Step & Tone (Kath)	5:30 Early Bird (Gloria) 8:00 Yoga Stretch (Barb) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath) 5:30 Core Cond. (Kath) 6:15 Boot Camp (Kath)	5:45 Early Bird (Carla) 8:00 Total Fitness (Kath) 9:15 Y-Step (Kath) 12:10 Pilates (Kath) 5:30-5:45 Power Abs (Hannah) 5:45 - 6:45 Turbo Kick (Hannah) 7:00 Zumba (Carla)	5:30 Boot Camp (Kath) 8:00 Total Fitness (Lynda) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath)	8:30 Fitness Mix (Kath)
Sunday 12-Jun	Monday 13-Jun	Tuesday 14-Jun	Wednesday 15-Jun	Thursday 16-Jun	Friday 17-Jun	Saturday 18-Jun
	5:30 Early Bird (Kath) 8:00 Total Fitness (Cindra) 9:15 Strength Train (Lynda) 10:30 YogaStretch (Barb) 12:10 Core Condition. (Eileen) 5:30 Zumba® (Loretta) 6:15 Core Condition. (Loretta)	5:45 Early Bird (Carla) 8:00 Total Fitness (Cindra) 9:15 Zumba (Kath) 12:10 Pilates (Kath) 5:45 Step & Tone (Kath)	5:30 Early Bird (Gloria) 8:00 Yoga Stretch (Barb) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath) 5:30 Core Cond. (Claire) 6:15 Boot Camp (Claire)	5:45 Early Bird (Carla) 8:00 Total Fitness (Kath) 9:15 Y-Step (Kath) 12:10 Pilates (Kath) 5:30-5:45 Power Abs (Hannah) 5:45 - 6:45 Turbo Kick (Hannah) 7:00 Zumba (Carla)	5:30 Boot Camp (Kath) 8:00 Total Fitness (Lynda) 9:15 Strength Train (Claire) 10:30 SilverSneakers (Kath)	8:30 Zumba (Loretta)
Sunday 19-Jun	Monday 20-Jun	Tuesday 21-Jun	Wednesday 22-Jun	Thursday 23-Jun	Friday 24-Jun	Saturday 25-Jun
	5:30 Early Bird (Kath) 8:00 Total Fitness (Cindra) 9:15 Strength Train (Loretta) 10:30 YogaStretch (Barb) 12:10 Core Condition. (Eileen) 5:30 Zumba® (Loretta) 6:15 Core Condition. (Loretta)	5:45 Early Bird (Carla) 8:00 Total Fitness (Cindra) 9:15 Zumba (Kath) 12:10 Pilates (Kath) 5:45 Step & Tone (Kath)	5:30 Early Bird (Gloria) 8:00 Yoga Stretch (Barb) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath) 5:30 Core Cond. (Kath) 6:15 Boot Camp (Kath)	5:45 Early Bird (Kath) 8:00 Total Fitness (Kath) 9:15 Y-Step (Kath) 12:10 Pilates (Kath) 5:30-5:45 Power Abs (Hannah) 5:45 - 6:45 Turbo Kick (Hannah) 7:00 Zumba (TBA)	5:30 Boot Camp (Kath) 8:00 Total Fitness (Lynda) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath)	8:30 Fitness Mix (Kath)
Sunday 26-Jun	Monday 27-Jun	Tuesday 28-Jun	Wednesday 29-Jun	Thursday 30-Jun	Friday 1-Jul	Saturday 2-Jul
	5:30 Early Bird (Kath) 8:00 Total Fitness (Kath) 9:15 Strength Train (Lynda) 10:30 YogaStretch (Barb) 12:10 Core Condition. (Eileen) 5:30 Zumba® (Loretta) 6:15 Core Condition. (Loretta)	5:45 Early Bird (Carla) 8:00 Total Fitness (Cindra) 9:15 Zumba (Kath) 12:10 Pilates (Kath) 5:45 Step & Tone (Kath)	5:30 Early Bird (Gloria) 8:00 Yoga Stretch (Barb) 9:15 Strength Train (Loretta) 10:30 SilverSneakers (Kath) 5:30 Core Cond. (Claire) 6:15 Boot Camp (Claire)	5:45 Early Bird (Carla) 8:00 Total Fitness (Kath) 9:15 Y-Step (Kath) 12:10 Pilates (Kath) 5:30-5:45 Power Abs (Hannah) 5:45 - 6:45 Turbo Kick (Hannah) 7:00 Zumba (Carla)	5:30 Boot Camp (Kath) 8:00 Total Fitness (Lynda) 9:15 Strength Train (Claire) 10:30 SilverSneakers (Kath)	8:30 Fitness Class Cancelled.

"40" Class Fitness Challenge begins Tuesday, May 31st!

