

Charlotte Ave. Branch YMCA 2009

402 Charlotte Ave. 329-9622

HOURS:

Monday -Friday –
5:00 am - 9:30 pm
Sat – 7:30 am - 6:00 pm
Sun – 1:00 pm - 6:00 pm

CHILDWATCH

HOURS

8-12 am Mon-Fri
4-8 pm Mon-Friday
9-11:30 am Sat

January 2010

NEW CLASSES

Mon: NEW- Yoga-W
Meeting Room-8:15-9:15am
Cardio Combo-Nancy G
Bootcamp/Bosu's/BodyBars

TUES: Fit Fix- w/ JoD

WED: New Step/Sculpt& Core
5K Training- Indoor/outdoor
New Zumba-Sim

THUR: Beginner, Weight/Walk &
Kettlebell, Bosu, Inter.Level
Chair Yoga- Meeting Room
(9:45-10:30am)
Toning 101-Emily

Fri: Jen's Boot 101

Sat: Cardio Mania 8:30-9:30am

Sun: Slow & Heavy/Kettlebell
Pump 3:30-4:15pm

The UPYMCA is closed on Friday
January, 1st.2010

* Not a beginner class*

L – LEVEL

C – CHOREOGRAPHY

L1-BEGINNER

L2-INTERMEDIATE

L3-ADVANCED

C1-LITTLE/NO

C2-LOW LEVEL

C3-HIGH LEVEL

*revised 12-01-09- DMR

	Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
	8:30-9:25am *Blood/Sweat &Tears-Mike Shelley L2-3/C-0	8:30-9:15am Fit Fix! W/Jo D L 1-3/C-0	8:30-9:25am Step/Sculpt Core Body w/Lee Johnson L1-3/C-0	8:35-9:15am Kettlebell Core & More w/Debbie & Colleen L1-3/ C-0	8:30-9:30am *Jen's Boot Camp 101 w/Jennifer L2-3/CO	8:30-9:30am *Cardio Mania Michelle L2-3/ C-1
	9:30-10:30AM Sculpt/Sweat w/ Jo. D. L2-3/C-0	9:25-10:25am Sassy/Classy Seniors-60+ w/Sylvia L1-2/C-0	9:30-10:30am Cardio/Sculpt w/Shelley L1-3/C-0	9:20-10:20AM Sassy/Classy Seniors-60+ w/ Sylvia L1-2/C-0	9:30-10:30AM Pilates w/Joy L1-3/C-0	9:30- 10:30am Sculpt/Sweat w/ Danne L1-3/CO
	10:45-11:45a Pilates w/Diane L1-3/C-0	10:30-11:30 Sculpt/Sweat W/ Sondra L1-3/C-0	10:40-11:40a Pilates W/ Diane L1-3/C-0	10:30-11:30AM Sculpt/ Sweat w/Sondra L1-3 /C-0	10:30-11:45AM Yoga Flow w/ *Barbara L2-3/C-0	10:30-11:30a Beginner Belly dancing w/Sultana L1-3/C1-3
	12:15-1:00pm Step w/ Laura L1-3 C-1	4:15-5:15 Pilates w/Joy L1-3/CO	12:15-1:00pm Hi/Lo w/Laura L1-3 /C-1	10:00-10:40 am KettleBell Walk Weight Intermediate L1-2/CO NEW GYM	12:15-1:00PM Step w/ Laura L1-3/ C-1	Sunday 3:30- 4:15pm Slow& Heavy Kettlebell Pump w/ Mickey All Levels**
	1:15-2:00pm Muscular Strength/ROM SilverSneakers W/Heidi	6:00-7:15pm Master Step#3&Abs W/Mia L1-3/C-3	1:15-2:00pm Muscular Strength/ROM SilverSneakers W/Heidi	9:45-10:30a Chair Yoga w/Arlene All levels Learning Center		
	4:00-5:00pm Cardio/Combo w/Nancy G L1-3/C1	7:30-8:30pm Fitness Hip/Hop W/Emily L2-3/C2-3	4:30-5:30pm Sculpt/Sweat w/Sondra L1-3/CO	4:15-5:15PM Pilates w/Joy L1-3/C-0		Sunday 4:30- 5:30PM Cardio Sculpt w/ Amy L1-3/ C-0
	5:00-6:00PM Zumba w/ Katie L1-3/C-3		5:30-6:30pm Zumba w/Sim L1-3/C2-3	6:00-7:00pm C- Cubed Cardio/Core Conditioning w/Colleen F L1-3 C-0		
	6:00-7:00PM BOOT CAMP KB/BBars &Bosu's *w/ Debbie Rast L-3/C-1		5:30-6:15pm 5k training Janice Meet out Outside/ on front steps All levels	7:00-8:00pm Toning 101 w/Emily L2-3/C2-3		
	7:00-8:00PM Step/Sculpt w/ Cynthia L1-2/C1-2		6:30-7:30pm Yoga Fit w/ Kim Neal L-1-3			