

Charlotte Ave. Branch YMCA

402 Charlotte Ave. 329-9622

HOURS:

5:00 am - 9:30 pm Mon-Fri
 7:30 am - 6:00 pm Sat
 1:00 pm - 6:00 pm Sun

CHILDWATCH

HOURS:

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

Mon. Tues. Wed. Thurs. Fri. Sat.

8:15-9:15AM 1/2 Step & Abs Attack w/Paige L1-3/C1-3	8:15-9:00AM Sculpt/Sweat w/ Danne L1-3/ C-0	8:15-9:00AM Step/Sculpt Abs&Back w/Paige L1-3/C-0	8:00-8:45AM Core Conditioning w/Lisa L2-3/ C-0	8:15-8:45AM Abs & Back w/Rainey L1-3/C-0	8:15-9:00AM Sculpt/Sweat w/Colleen L1-3/C-0
9:30-10:30AM Sculpt/Sweat w/ Jo. D. L2-3/C-0	9:15-10:15AM Fit over 50 w/ Sylvia l1-2/C-0	9:15-10:15AM Cardio/Sculpt w/Shelly L1-3/C-0	9:15-10:15AM Fit over 50 w/ Sylvia L1-2/C-0	9:15-10:15AM Pilates w/Joy L1-3/C-0	
9:00-10:00AM Muscular Strength/ROM Silver Sneakers w/Amanda L1-2/C-0	10:30-11:30AM Sculpt/ Sweat w/Sondra L1-3 /C-0	9:00-10:00AM Muscular Strength/ROM Silver Sneakers w/Amanda L1-2/C-0	10:30-11:30AM Sculpt/ Sweat w/Sondra L1-3 /C-0	10:15-11:15AM Yoga Flow w/ Barbara L1-3/C-0	9:30-10:30AM Sculpt/Sweat w/ Danne L1-3/ C-0
10:30-11:30AM Pilates w/Diane L1-3/ C-0	12:10-12:55PM Yoga w/Kim L1-3/ C-0	10:30-11:30AM Pilates w/Diane L1-3/C-0	12:15-1:00PM Kettlebell Pump w/Mickey L2-3/C-0	12:10-12:55PM Step w/ Laura L1-3/ C-1	
12:10-12:55PM Step w/ Laura L1-3 /C-1	4:00-5:00PM Pilates w/Joy L1-3/C-0	12:10-12:55PM Hi/Lo w/Laura L1-3 /C-1	4:00-4:50PM Pilates w/Joy L1-3/C-0		
4:00-5:00PM Cardio Craze w/ Joy L1-2/C1-2	5:15-6:00PM Kettlebell Pump/Step w/Mickey L2-3/C-0	4:30-5:30PM Sculpt/Sweat w/Sondra L1-3/C-0	5:00-6:00PM Zumba w/Keasha L1-3/ C1-3		Sunday 4:30-5:30PM Cardio Sculpt w/ Amy L1-3/ C-0
5:00-6:00PM Zumba w/ Tassie L1-3/C-3	6:00-7:00PM Master Step #3 w/Mia L-3/C-0	5:30-6:30PM Kickboxing w/Janice L2-3/C2-3	6:00-7:00PM Boot Camp w/Kettlebell Pump w/Debbie L-3/ C-0		
6:00-7:00PM Cardio Squared w/Debbie L2-3/C-0		6:30-7:30PM Beg/Inter Yoga w/ Kim L1-3/C-0			
7:00-8:00PM Step/Sculpt w/ Cynthia L1-2/C1-2					

OCTOBER

NEW CLASSES:

MON: ZUMBA

TUE: KETTLEBELL PUMP/STEP
 MASTER STEP #3
 PILATES
 CYCLE

WED: STEP/SCULPT/ABS&BACK
 BEG/INT. YOGA

THU: PILATES
 KETTLEBELL PUMP/BOOTCAMP
 FRI: YOGA FLOW

 THE YMCA ANNUAL FALL
 FESTIVAL WILL BE ON
 FRIDAY Oct. 24th. 2008

7:00-9:00PM - THE FITNESS
 CENTER WILL BE CLOSED!

NOTES:

L – LEVEL

C – CHOREOGRAPHY

L1-BEGINNER

L2-INTERMEDIATE

L3-ADVANCED

C1-LITTLE/NO

C2-LOW LEVEL

C3-HIGH LEVEL

