

# YMCA WELLNESS CENTER

## OCTOBER

### HOURS:

5:00 am - 9:30 pm Mon-Fri

7:30 am - 6:00 pm Sat

1:00 pm - 6:00 pm Sun

### CHILD WATCH

(Wellness Center Only)

8:15-12:00 am Mon- Fri

9:00-12:00 am Sat

3:55-7:30 pm Mon- Thurs

3:55-6:00 pm Friday

\*\*\*\*\* NEWS \*\*\*\*\*

**New Spin Class on Sundays!!!**

**Beginner Yoga starts Tues. 10/7  
@ 12:00.**

L – Level  
C – Choreography

L1 – Beginner  
L2 – Intermediate  
L3 – Advanced

C1 – Little/No  
C2 – Low Level  
C3 – High Level

**Shaded  
Classes  
Have Child  
Watch  
Available**

### Spinning


Tues – 5:45am - 6:30am W/ Trish  
8:15am - 9:15am W/ Kim  
6:30pm – 7:15pm W/ Deb

Wed – 12:15pm – 1:00pm W/ Rainey

Thur – 5:45am – 6:30am W/ Trish  
8:15am - 9:15am W/ Kim  
6:30pm – 7:15pm W/ Jim

Fri - 5:00am – 5:45am W/ Trish

Sat - 8:30am – 9:15am W/ Trish  
Sun - 4:00pm – 4:45pm W/ Brian

Mon.	Tues.	Wed.	Thurs.	Fri.	Sat.
<b>Step/Sculpt</b> Crystie/Sherrie L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>Step/Sculpt</b> Crystie/Sherrie L1-3 6:00-6:45am	<b>SPIN</b> w/Trish 5:45-6:30am	<b>SPIN</b> w/Trish 5:00-5:45am	<b>SPIN</b> w/Trish 8:30-9:15am
<b>Step/Sculpt</b> w/Trish L 2-3 C1-2 8:15-9:15am	<b>SPIN</b> w/Kim 8:15-9:15am	<b>Step/Sculpt</b> w/Trish L 2-3 C1-2 8:15-9:15am	<b>SPIN</b> w/Kim 8:15-9:15am	<b>Step/Sculpt</b> Crystie/Sherrie L1-3 6:00-6:45am	<b>Step</b> w/ Sue C1 9:30-10:15am
<b>Fit over 50!</b> W/ Sylvia LI-2 CO 9:15-10:15am	<b>Int/Adv Step</b> W/Paige L2-3 C2-3 9:30-10:30am	<b>Fit over 50!</b> W/ Debbie LI-2 CO 9:15-10:15am  <b>Cardio/Sculpt</b> w/Colleen 10:30-11:30am	<b>Int. Step/Abs</b> w/Paige L2-3 C2 9:30-10:15am	<b>Step/Sculpt</b> w/ JoD LI-3 C 1 8:15-9:15am	<b>Int. Step</b> w/ Sue C2 10:15-11:00am
<b>Step/Sculpt</b> w/Ana 10:30-11:30am	<b>Yoga</b> w/ Barbara 10:30-11:30am	<b>Fit Kids</b> Age 3-5 11:30-12:00  <b>SPIN</b> w/Rainey 12:15-1:00pm	<b>Body Sculpt</b> w/Paige L1-2 CO 10:15-1 0:45am	<b>Sculpt &amp; Sweat</b> L2-3 CO w/ Shelly/ Sondra 9:30-10:30am	<b>Zumba</b> w/ Katie 11:15-12:00pm
<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	<b>Beginner Yoga</b> 12:00 – 1:00	<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	<b>Gentle Yoga</b> w/ Arlene 11:00-12:00	<b>Step/Sculpt</b> w/ Colleen 10:45-11:45am	<b>SUNDAY</b>  <b>Sculpt/ Sweat</b> w/ Elaine LI-3 CO 2:00-3:00
<b>Sculpt &amp; Sweat</b> w/ Suzannah L2-3 CO 4:10-5:10pm		<b>Sculpt &amp; Sweat</b> w/ Suzannah L2-3 CO 4:10-5:10pm	<b>Step Interval</b> w/Melissa L2-3 C2 4:10-5:10pm	<b>Sit to be Fit</b> w/ Sylvia LI CO 2:15-3:15pm	
<b>Step</b> w/ Melissa L2-3 C1-2 5:15 - 6:15 pm	<b>Step Interval</b> w/ Christie LI-3 C1-2 5:15 - 6:15 pm	<b>30/30 Step / Sculpt</b> LI-2 C2 w/Lee 5:15 - 6:00pm	<b>Zumba</b> w/Katie 5:30 – 6:15pm	<b>Sculpt &amp; Sweat</b> w/ Suzannah L2-3 CO 3:45-4:45pm	<b>SPIN</b> W/ Brian 4:00 – 4:45
		<b>Abs &amp; Back</b> w/ Amy/Paige 6:00-6:30pm		<b>30/30 Sculpt</b> w/ Mickey 5:15-6:15pm	
<b>Power Sculpt</b> w/Sue L 1-3 CO 6:30-7:30pm	<b>SPIN</b> w/Deb 6:30-7:15pm	<b>Cardio Sculpt</b> w/ Amy/ Paige L2-3 C3 6:30-7:30pm	<b>SPIN</b> w/ Jim 6:30-7:15pm	<a href="http://www.upymca.org">www.upymca.org</a> 	
<b>Sculpt &amp; Sweat</b> w/ Mickey LI-3 CO 7:30-8:30pm	<b>Sculpt &amp; Sweat</b> w/ Elaine LI-3 CO 7:30-8:30pm	<b>Hi/Lo Sculpt</b> w/ Mickey LI-3 CO 7:30-8:30pm	<b>Sculpt &amp; Sweat</b> w/ Elaine LI-3 CO 7:30-8:30pm		

