

begins June 15, 2009

Summer 2009 Roxborough YMCA Group Fitness Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
BodyPUMP 6:00-7:00am Chris Studio A	RPM(cycling) 6:00-6:50am Sophie Studio B	BodyPUMP 6:00-7:00am Sophie Studio A	RPM(cycling) 6:00-6:50am Chris Studio B		BodyPUMP 7:15-8:15am Chris Studio A	
Gentle Yoga 9:00-10:00am Dennis Studio B	BodySTEP 9:00-10:00am Melissa Studio A	Gentle Yoga 9:00-10:00am Dennis Studio B	BodyCombat 9:00-10:00am Angela & Mary Studio A	Step n' Pump 9:00-10:30am Mary & Angela Studio A	RPM(cycling) 8:30-9:20am Nia Studio B	BodySTEP 10:05-11:05am Angela Studio A
BodyPUMP 9:00-10:00am Mary & Sarah Studio A	Pilates 10:00-11:00am Cheryl Studio B	BodyPUMP 9:00-10:00am Sarah & Angela Studio A	Pilates 10:00-11:00am Cheryl Studio B	Yoqa 10:00-11:15am Chandra Studio B	Yoga Chandra/Bonnie 9:30am-10:45am Studio B	Basic Pilates Mat 10:15am-11:15am Nicole Studio B
Hi Lo 10:15-11:00am Melissa Studio A	Trim & Sculpt 10:15-11:00am Sarah Studio A	Kickboxing 10:10-11:10am Melissa Studio A	<div style="border: 1px solid black; padding: 10px; width: fit-content; margin: auto;"> Life 11:15-Noon Mary Studio A </div>			Intermediate Pilates Mat 11:15am-12:15pm Nicole Studio B
RPM(cycling) 10:15-11:05am Mary Studio B		RPM(cycling) 10:15-11:05am Sarah Studio B				
Beginner Tai Chi 11:15-12:15pm Angel Studio A		Life 11:15-Noon Melissa Studio A				
Ongoing Tai Chi 12:30-1:30pm Angel Studio A						
Kid's Fitness 5:00-5:45pm Frank WC/Studio B/Gym	* Kid's Yoga * 5:15-6:00pm Chandra Studio B	BodySTEP 5:30-6:30pm Ashley & Mary Studio A	* Kid's Yoga * 5:30-6:15pm Chandra Studio B			
BodySTEP 5:30-6:30pm Ashley & Mary Studio A	BodyCombat 5:30pm-6:30pm Melissa & Mary Studio A	BodyPUMP 6:35-7:35pm Gina & Ashley Studio A	Kick N' Sculpt 5:30-6:25pm Melissa Studio A			
BodyPUMP 6:35-7:35pm Gina & Ashley Studio A	Stability Ball 6:45-7:30pm Melissa Studio A	Life 7:35-8:30pm Charlotte Studio A	RPM(cycling) 6:30-7:20pm Nia Studio B			
Yoga 6:30-7:45pm Bonnie Studio B	RPM(cycling) 6:30-7:20pm Chris Studio B	Pilates 6:45-7:45pm Nicole Studio B	Yoqa 6:30-7:45pm Chandra Studio A	Kid's Fitness 6:00-6:45pm Frank WC/Studio B/Gym		
Life 7:35-8:30pm Charlotte Studio A	Trim & Sculpt 7:30-8:15pm Nia Studio A					
Pilates 7:45-8:45pm Melissa Studio B	Stretch & Abs 7:30-8:15pm Chris Studio B					
* Registration required for Kid's Yoga (please see the front desk)				Studio A is located on the 2nd floor of the new addition.		Studio B is located in the basement level of the new addition.