

**Fall River YMCA
May 1 - June 20, 2010
Aerobic Schedule**

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|--|--|--|-------------------------------------|---|
| Wake Up 7 - 8 am Elaine | Wake Up 7 - 8 am Elaine | Cardio sculpt 7 - 8 am Steve | Wake Up 7 - 8 am Elaine | Wake Up 7 - 8 am Elaine | Aikido * 8:30 - 10:30 am Ben Cardio sculpt 10 - 11 am Steve Classes held on 3rd floor except where noted * denotes class downstairs # gymnasium |
| | | Tai Chi # 9 - 10 am Nick | | Lifefit # 10 - 10:45 am Chris | |
| Power Abs 12:15 - 12:30 pm Maria | | Lifefit # 10 - 10:45 am Alainna | Power Abs 12:15 - 12:30 pm Maria | | |
| | Cardio sculpt 5:30 - 6:30 pm Steve | Power Abs 12:15 - 12:30 pm Maria | | | |
| Cardio kickboxing 5:30 - 6:30pm Steve | Aikido * 6:00 - 7:30 pm Ben | Step 2 5:30 - 6:30 pm Tracy | Step 2 5:30 - 6:30 pm Tracy | | |
| | | | | | |
| Zumba 6:30 - 7:30 pm Alainna | Yoga 6:30 - 7:30 pm Judy | Pilates Fit 6:30 - 7:30pm Dawn | Yoga 6:30 - 7:30pm Judy | Zumba 6:30 - 7:30 pm Alainna | |