



**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

Gleason Family YMCA

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Schedule Effective June 19, 2017

Highlighted classes require registration at the front desk.

Group Exercise Room # 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:15-8:30AM Yoga Pam	7:15-8:15 Yoga Maureen	7:15-8:30AM Yoga Pam		7:45-8:45AM Yoga Maureen	7:40-8:40AM Pilates Cindy/Denise	
8:30-9:30AM AIS Deb	8:30-9:30AM Tabata Sculpt Tara		9:15-10:00 Band Camp Linda	9-10:00AM Liz's Latin Party	8:45-9:45AM Step Cindy/Laura Z	
9:30-10:30AM Cardio Kick Gail	9:35-10:35AM Zumba Cindy Hicks	9-10:00AM Kickboxing Liz	10-10:45 Pound Linda	10-11:00AM Butts/Gutts Kelly W		10-11:00 Pop Pilates Mac
10:45-11:45AM Power Pilates Holly	Fit 4 Life 11:00-12:00 Janet	11:00-12:00 Chair Yoga Pam	Fit 4 Life 11:00-12:00 Janet		11am-1pm Karate Dave	12:00-1:00 Family Zumba Laura
12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu		12:00-12:30PM X Press Lu	Karate Dave	
	2:00-3:00PM Chair Yoga Pam				Karate Dave	
4:00-5:00PM Sun Moon Yoga Diandra		3:30-5:00PM Ashtanga Diandra		4:00-5:00PM Boot Camp Kerry		
5:00-6:00PM Zumba Tone Beth	5:00-6:00PM Boot Camp Kerry	5:00-6:00PM Zumba Beth	4:45-5:45PM Sun Moon Yoga Diandra			
6:00-7:00PM Body Tone Cindy	6:00-7:00PM Pilates Cindy/Denise	6:00-7:00PM Cardio & More Cindy	6-7:30pm Karate Dave	6:00-7:00pm Sunset Hatha Sue		
7:15-8:15PM Zumba Marcia	7:15-8:15PM Zumba Natara					