



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

**Gleason Family YMCA**

**Contact: Lu Brito**

Senior Program Director

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**Schedule Effective July 3, 2017**

Highlighted classes require registration at the front desk.

**Group Exercise Room # 1**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>7:15-8:30AM Yoga Pam</b>	<b>7:15-8:15 Yoga Maureen</b>	<b>7:15-8:30AM Yoga Pam</b>		<b>7:45-8:45AM Yoga Maureen</b>	<b>7:40-8:40AM Pilates Cindy/Denise</b>	
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 Gena	9-10:00AM Melt Class Kelly W.	10-10:45 Pound Linda	10-11:00AM Butts/Gutts Kelly W		10-11:00 Pop Pilates Mac
<b>10:45-11:45AM Power Pilates Holly</b>	Fit 4 Life 11:00-12:00 Janet	11:00-12:00 Chair Yoga Pam	Fit 4 Life 11:00-12:00 Janet		<b>11am-1pm Karate Dave</b>	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	<b>Karate Dave</b>	
	2:00-3:00PM Chair Yoga Pam				<b>Karate Dave</b>	
<b>4:00-5:00PM Sun Moon Yoga Diandra</b>		<b>3:30-5:00PM Ashtanga Diandra</b>		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	<b>4:45-5:45PM Sun Moon Yoga Diandra</b>			
6:00-7:00PM Body Tone Cindy	<b>6:00-7:00PM Pilates Cindy/Denise</b>	6:00-7:00PM Cardio & More Cindy	<b>6-7:30pm Karate Dave</b>	<b>6:00-7:00pm Sunset Hatha Sue</b>		
7:15-8:15PM Zumba Marcia	7:15-8:15PM Zumba Natara					