

Health and Wellness Classes- Summer 2010

Summer 1 & 2

*toning or stretching (no cardio) *****high intensity (includes cardio)

	Monday	Tuesday	Wednesday	Thursday	Friday
5:15 a.m.		Cycling***** (40)		Cycling***** (40)	Cycling***** (1 hr)
5:30 a.m.	Core Blast***	BYOB****	Core Blast***	BYOB****	Core Blast***
		Body Sculpting*		Body Sculpting*	
6 a.m.	Cardio Express***		Cardio Express***		Cardio Express***
	Cycling***** (30)		Cycling***** (30)		
	Pilates*		Pilates*		
8:30 a.m.	Core*	Amazing Arms*	Core*	Amazing Arms*	Core*
9 a.m.	Total Body Training***	Y-Pump*	Cardio Mix***	Y-Pump*	TGIF*****
	Young at Heart**	Yoga*	Young at Heart**	Yoga*	Young at Heart**
	Cycling***** (1 hr)	Cycling***** (1 hr)		Cycling***** (1 hr)	
10 a.m.		Stretch*		Stretch*	
10:15 a.m.	Silversneakers*		Silversneakers*		
4:45 p.m.		Cycling***** (40)		Cycling***** (40)	
5 p.m.	Core*	Core*	Core*	Core*	
5:30 p.m.	Flow Yoga*	Arms Blast**	Flow Yoga*	Arms Blast**	
	Total Body Training***	(Summer 1 Only)	Kickboxing*****	(Summer 1 Only)	
		Youth Strength*		Youth Strength*	
	Cycling***** (1 hr)		Cycling***** (1 hr)		
6:00 p.m.		BLT Blast**		BLT Blast**	
		(Summer 1 Only)		(Summer 1 Only)	
6:30 p.m.	Zumba***		Zumba***		