

Lu Brito
Wellness Director
508-295-9622 x.19

Aerobics Schedule

Gleason Family YMCA Aerobics Schedule starting 2/22/2010

We strongly encourage participants to bring their own personal towels

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Advanced Yoga W/ Caprice 7:30am-8:30am		Yoga W/ Marsha 7am-8am			Pilates W/ Heather 7:30am-8:30am	
AIS Stretching W/ Deb 8:30am-9:30am	High Low Cardio W/ Kim 8:30-9:30am	Triple Play W/ Gail 8:30am-9:30am	High Low Cardio W/ Kim 8:30am-9:30am	Yoga W/ Marsha 8am-9am	Advanced Step W/ Cindy 8:30am-9:30am	
Cardio Kick W/ Gail 9:30am-10:30am	Sculpt & Ball W/ Robin 9:45-10:45am	Punk Rope W/ Liz 9:30am-10:30am	Circuit Sculpt W/ Robin 9:45am-10:45am	Zumba W/ Liz 9am-10am		
Move 2 the Beat 10:45-11:15am		Power Pilates W/ Marsha 10:45am-11:45am		Power Step W/ Robin 10am-11am	NIA W/ Patty/Karen 10am-11am	Step & Sculpt w Erin 10:15-11:15am
	Live 4 Life W/ Janet 11am-12pm		Live 4 Life W/ Janet 11am-12pm		Ballet w/ Tess 11am-11:30am	Kungu Fu Gymnastics w/ John 11:30am-12:30pm
X-Press W/ Lu 12pm-12:30pm		X-Press W/ Lu 12pm-12:30pm		X-Press W/ Lu 12pm-12:30pm	Karate 4-5 yrlds Advanced 11:30-12pm	Pre-Natal Yoga w/ Marsha 2pm-3pm
Boot Camp W/ Lu 4pm-5pm	X-Press W/ Lu 4:30-5pm		X-Press W/ Lu 4:30-5pm		Karate6-12 yrlds w/ Dave 12pm-1pm	Family Zumba W/ Marcia 3:30-4:30pm
Step Class W/ Erin 5pm-6pm	Boot Camp W/ Lu 5pm-6pm	Zumba W/ Beth 5pm-6pm		Boot Camp W/ Brent 5pm-6pm		
Body Toning W/ Cindy 6:05pm-7:05pm	Cardio, Core, & More W/ Cindy 6pm-7pm	Pilates W/ Cindy 6pm-7pm	Karate 4-5 yrlds w/ Dave 6pm-6:30pm	Sun Moon Yoga W/ De 6:15pm-7:15pm		
Zumba W/ Marcia 7:15pm-8:15pm Karate 4 Adults w/ Dave 830pm-9:30pm	Yo-Lates W/ Marsha 7-8pm	Advanced Yoga W/ Caprice 7:15pm-8:30pm	Karate6-12 yrlds w/ Dave 6:30pm-7:30pm Karate 4 Adults w/ Dave 7:30pm-8:30pm			

*Classes with **BOLD** print require registration and a fee

Updated 2/19/10