

Fall 2006 Adult Group Exercise Schedule Sept. 5, 2006 - Jan. 31, 2007

Occasionally classes change, please check for updates. **No Classes:** Nov 3, 4, Nov 23-26, Dec 23-25, Dec 30-Jan 1, Jan 15

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning						
8:15 - 9:15 Sculpt & Stretch	8:30-9:15 Spinning	8:15-9:15 Body Toning	8:15-9:00 Spin & Sculpt	8:15 - 9:15 Sculpt & Stretch		
9:20 - 10:20 L.I.A.	9:20 - 10:20 Step 'n' Sculpt	9:20 - 10:20 L.I.A.	9:20 - 10:20 Step	9:20 - 10:20 L.I.A.	9:00 - 10:00 L.I.A.	9:00 10:00 L.I.A.
11:00 - 12:00 MS Society Yoga Call MS Society for info	10:30-11:30 Broadway Dance	10:30-11:30 Adult Strength Training (fitness center)				
Afternoon						
12:15-1PM Express Adult Strength Training (fitness center)	12:15-1PM Express Adult Strength Training (fitness center)	12:15-1PM Express Adult Strength Training (fitness center)	12:15-1PM Express Adult Strength Training (fitness center)	12:15-1PM Express Adult Strength Training (Fitness center)		
12:45-2:15 Yoga	12:15 - 1:45PM Int. Tap Club Call Selma for more info 914-423-3480	12:00-1:00 MS Society T'ai Chi Call MS Society for info	12:15-1:45PM Fit for Life Club Call Selma for more info 914-423-3480	12:45-2:15 Yoga	Group Exercise Safety Rules <ul style="list-style-type: none"> • IMPORTANT! Sign-in, show your card and pick up a pass at the fitness center <i>before</i> going up to the group fitness studio. This is a condition of your membership here. • Wear appropriate fitness attire and footwear. • Make sure you attend the warm-up and cool down sections of every class. This helps prevent injury • All classes are included in the fitness plans except the classes listed in the shaded boxes 	
	2:00 - 3:00 Parkinson Group Call Chuck for more info 914-428-0449		2:00 - 3:00 Parkinson Group Call Chuck for more info 914-428-0449			
Evenings						
5:45-6:45 Pilates	5:45-6:45 L.I.A.	5:45-6:45 Yoga	5:45-6:45 L.I.A.			
6:45-7:45 Spinning		6:45 - 7:45 L.I.A.				
7:45-8:45 Adult Strength Training (fitness center)		7:45-8:45 Adult Strength Training (fitness center)	7:45-8:45 Adult Strength Training (fitness center)			

YWCA 949-6227

Front Desk Ext. 100

Fitness Center Ext. 150

Fitness Center Hours: M-Th 6am-9pm, Fri 6am-8pm, Sat 8am-2pm, Sun 8am-12noon