



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FEBRUARY GROUP EXERCISE CLASSES

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 6:30-7:30pm: Yoga I (Erin)	2 6-7pm: Strength and Conditioning (Alfredo) 6-7pm: Zumba (Gym/Gigi)	3 5-6pm: Pilates (Deanna) 6-7pm: Yoga I (Deanna)	4 9:15-10:15am: Yoga I (Erin) 10:30-11:30am: Zumba (Gym/Gigi) 10:30-11:30am: Ballet (Deborah)
6 5-6pm: Pilates (Deanna) 6-7pm: Yoga II (Deanna)	7 9-10am: Strength and Conditioning (Alfredo) 6-7pm: Strength and Conditioning (Alfredo) 6:45-7:45pm: Afro- Belly Boogie(Connie)	8 6:30-7:30pm: Yoga I (Erin)	9 6-7pm: Strength and Conditioning (Alfredo) 6-7pm: Zumba (Gym/Gigi)	10 5-6pm: Pilates (Deanna) 6-7pm: Yoga I (Deanna)	11 9:15-10:15am: Yoga I (Erin) 10:30-11:30am: Zumba (Gym/Gigi) 10:30-11:30am: Ballet (Deborah)
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27 5-6pm: Pilates (Deanna) 6-7pm: Yoga II (Deanna)	28 9-10am: Strength and Conditioning (Alfredo) 6-7pm: Strength and Conditioning (Alfredo) 6:45-7:45pm: Afro- Belly Boogie(Connie)	29 6:30-7:30pm: Yoga I (Erin)			

Bayview Hunters Point YMCA

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For more information, please contact: Ruben Rubio, Membership Specialist, at RRubio@ymcasf.org