

# PENINSULA FAMILY YMCA GROUP FITNESS EFF 2/1/10

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	CARDIO SCULPT (G)	5:45AM CYCLE (SB) 75 MIN		5:45AM CYCLE (SB)	BODY SCULPT (G)		
7:15 AM		YOGA (SA) 75 MIN					
8:00 AM							BOSU SPORT (G)
8:30 AM	CYCLE (SB) DANCE AEROBICS (G)	STEP THREE(SA) CARDIO KICK-BOX (G)	BOSU SPORT (G) DANCE AEROBICS (SA)	CYCLE (SB) CARDIO KICK-BOX (G)	PILATES (SA) LATIN CARDIO (G)	DANCE AEROBICS (G)	
9:00 AM			CYCLE (SB)			YOGA (SA)	COMBO (G)
9:30 AM	BODY SCULPT (SA) BOSU SPORT (G)	BODY SCULPT (SA) BOOT CAMP (G)	BODY SCULPT (SA) LOW IMPACT CHALLENGE (G) 75 MIN	BODY SCULPT (SA) PILATES (G)	BODY SCULPT (SA) 45/45 CARDIO KICKBOX/BOOT CAMP (G)	ZUMBA(G)	CYCLE (SB)
10:00 AM						BODY SCULPT (SA)	CARDIO KICKBOX (G)
10:30 AM	STRETCH (SA) 30 MIN	LOW IMPACT (SA) PILATES (G)	STRETCH (SA) 30 MIN	LOW IMPACT (SA)	POWER YOGA (SA)	CARDIO KICKBOX (G)	BODY SCULPT (SA) 75 MIN
11:00 AM	GENTLE AEROBICS (SA)		GENTLE AEROBICS (SA)			CYCLE (SB)	STEP ONE (SA) 45 MIN 11:45AM
12:00 PM	PILATES (SA)	MEDIATION (SA) 30 MIN CYCLE (SB)	FUSION FLEXIBLE STRENGTH (SA)	MEDIATION (SA) 30 MIN	ABS (SA) 30 MIN CYCLE (SB)		
1:00 PM	YOGA CHALLENGE (SA)	12:30 PM YOGA (SA)	YOGA CHALLENGE (SA)	12:30PM YOGA (SA)			POWER YOGA (SA) 90 MIN
3:30PM				PARENT CHILD YOGA (SA)			
4:00 PM	CARDIO STEP (SA)		CARDIO STEP (SA)		BOSU SPORT (SA)		
5:00 PM	BODY SCULPT (SA)	BODY SCULPT (SA)	BODY SCULPT (SA)	BODY SCULPT (SA)	BODY SCULPT (SA)		
6:00 PM	CYCLE (SB) ABS SCULPT EXPRESS 30 MIN (G)	ZUMBA (SA)	CYCLE (SB) ABS SCULPT EXPRESS 30 MIN (G)	STEP TWO (SA) BOOT CAMP (G)			
6:30 PM	CARDIO KICKBOX (G)	BOSU SPORT (G)	CARDIO KICKBOX (G)				
7:00 PM			YOGA (SA) 90 MIN				
8:00 PM	YOGA (SA) 90 MIN	YOGA (SA) 90 MIN					

CLASS LOCATIONS: SA – Studio; SB–Cycle; G-Gym

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