

Yakima Family YMCA

Effective September 2011

| Time/Day | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------------|---|---|---|---|---------------------------------------|---|--------|
| 5:15-5:30 ABS 5:30-6:30 am | Morning Fitness Jam Sue | | Morning Fitness Jam Sue | | Morning Fitness Jam Sue | | |
| *8:00-9:00 am | * Fit in the City Dana | | * Fit in the City Dana | | * Fit in the City Dana | | |
| *9:00-10:00 am | * Fit over Fifty Andrea | | * Fit over Fifty Andrea | | * Fit over Fifty Andrea | | |
| ****8:15-9:00 am | | ****Zumba Gold Dana | | ****Zumba Gold Dana | | | |
| 9:00-10:00 am | | Pilates Plus Dana | | Pilates Plus Dana | | Weekend Step Lynn/Kristin | |
| 9:30-10:30 am | Step & Sculpt Danielle | | | | Step & Sculpt Danielle | | |
| 10:00-11:00am | | | Turbo Kick Danielle | | | Turbo Kick Lisa | |
| 12:10-1:00 pm | Cardio Pump Dana | | Cardio Pump Dana | | TRX Express/Cardio Pump Dana | 11:00-12:00 ****Zumba Danni/Angie | |
| 12:20-12:55pm | | Abs Blast Danielle | | Abs Blast Danielle | | | |
| 5:00-5:40 pm | Total Fitness Kathy | | Sweat & Sculpt Lynn | | | | |
| 5:40-6:00 pm | Gut Busters Kathy | | Gut Busters Kathy | | Gut Busters Kathy | | |
| 5:30-6:30 pm | ****Zumba Location: Carson Room Danni/Angie | Turbo Kick Danielle | ****Zumba Location: Carson Room Danni/Angie | Turbo Kick Danielle | | | |
| 5:30-6:30pm | | *** Yoga Kathy | | *** Yoga Kathy | | | |
| 6:05-7:05pm | | | Cardio Step Kick Lynn | | | | |
| 6:35-7:35 pm | | ****Zumba Location: Carson Room Danni/Angie | | ****Zumba Location: Carson Room Danni/Angie | | | |
| 6:35-7:35 pm | | Pump it up Dana | | Pump it Up Dana | | | |
| 7:10-7:55pm | Dancercise (for women only) Nathan | | Dancercise (for women only) Nathan | | | | |

Group Cycling Schedule

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|--------------|----------------------------|----------------------------------|----------------------------|----------------------------------|------------------------------|--|--|
| 6:00-7:00am | Early Bird Cycling Tito | Early Bird Cycling Antonio | Early Bird Cycling Tito | Early Bird Cycling Antonio | Early Bird Cycling Nicole | | |
| 12:00-1:00pm | Hour of Power Danielle | | Hour of Power Carol | | | | |
| 5:30-6:15 pm | Evening Spin Tito | Evening Spin Dana | Evening Spin Danielle | Evening Spin Dana | | | |

Key *Class held in 4th floor gym. **Class in Shinn Gym ***Class in Carson Room ****Registration for class required.

