

Yakima Family YMCA

Effective April 2011

Time/Day	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:15-5:30ABS 5:30-6:30am	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		
9:00-10:00am		Pilates Plus Dana		Pilates Plus Dana		Weekend Step Kristin/Lynn	
9:30-10:30am	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 Dana	11:00-12:00 ****Zumba Danni/Angie	
12:20-12:55pm		Abs Blast Danielle		Abs Blast Danielle			
1:30-2:30pm							
2:00-3:00 pm							
4:45-5:30pm		****Zumba Danielle/Angie		****Zumba Danielle/Angie			
5:00-5:40 pm	Total Fitness Kathy		Sweat & Sculpt Lynn		Turbo Kick Lisa		
5:40-6:00 pm	Gut Busters Kathy		Gut Busters Kathy		Gut Busters Kathy		
5:35-6:35 pm		Turbo Kick Danielle		Turbo Kick Lisa			
5:30-6:30pm		*** Yoga Kathy		*** Yoga Kathy			
6:05-7:05pm	****Zumba Danni/Angie		Cardio Step Kick Lynn				
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

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

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

