



Group Exercise Schedule

Summer 2008

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>	<i>Saturday</i>	<i>Sunday</i>
	<u>6:15-7:00</u> <i>Spin</i> <i>Gina</i>		<u>6:00-7:00</u> NEW Boot Camp <i>Steve</i>	<u>6:15-7:00</u> <i>Spin</i> <i>Sharon</i>		<u>9:45-10:25</u> <i>Spin</i> <i>Lynda</i>
	<u>9:15-10:15</u> Ab/blaster <i>Patti</i>	<u>9:15-10:00</u> <i>Spin</i> <i>Sharon</i>	<u>9:15-10:15</u> Boot Camp <i>Patti</i>	<u>9:15-10:00</u> <i>Spin</i> <i>Lynda</i>	<u>9:00-10:00</u> Step Aerobics <i>Linda</i>	<u>10:30-12:00</u> Core/Gentle Yoga <i>Lynda</i>
					<u>9:00-9:45</u> <i>Beginner</i> <i>Spin</i> <i>Patti</i>	
<u>10:30-11:30</u> Total Fitness <i>Patti</i>		<u>10:30-11:30</u> Beginning Yoga <i>Terri</i>	<u>10:30-11:30</u> Total Fitness <i>Patti</i>	<u>10:15-11:00</u> Core Strength <i>Lynda</i>	<u>10:15-11:15</u> Master Muscle <i>Linda</i>	
<u>12:15-1:00</u> <i>Beginner</i> <i>Spin</i> <i>Patti</i>		<u>3:15-5:15</u> Karate \$	<u>12:15-12:45</u> <i>Spin</i> <i>Sharon</i>	<u>12:15-1:00</u> Muscle Sculpt Pilates <i>Lynda</i>		
<u>5:15-6:15</u> Step Aerobics <i>Linda</i>	<u>5:15-6:00</u> <i>Spin</i> <i>Lynda</i>	<u>5:30-6:15</u> <i>Spin</i> <i>Rhonda</i>	<u>3:15-5:15</u> Karate \$			
<u>5:45-6:30</u> <i>Spin</i> <i>Sharon</i>		<u>5:15-6:00</u> Muscle <i>Patti</i>	<u>5:15-6:15</u> Step & Sculpt <i>Lisa</i>			
<u>6:15-7:00</u> Muscle Sculpt <i>Lisa</i>	<u>6:15-7:15</u> Mat Pilates <i>Lynda</i>	<u>6:15-8:15</u> Karate \$	<u>6:15-6:45</u> Pilates <i>Lisa</i>	<u>6:30-8:30</u> Karate \$		
<u>7:00-7:30</u> AB Blaster <i>Lisa</i>			<u>6:45-7:30</u> Hatha Yoga <i>Lisa</i>			

All Group Exercise Fitness Classes are held in the Aerobics Studio
All Spinning Classes are held in the Spinning Studio
The Lynn YMCA reserves the right to modify the schedule as required