

QUINCY FAMILY YMCA AEROBIC SCHEDULE Summer Session June 21 - August 14, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gymnasium							
9:00		9:00 - 10:00 am Cardio Sculpt Level 2 & 3		9:00 - 10:00 am Cardio Sculpt Level 2 & 3			
MULTI-PURPOSE ROOM - ABOVE GAME ROOM - 2ND FLOOR							
9:00				8:30 - 9:00 am Abdominals			
5:30		5:30 - 6:30 pm Evening Yoga Level 2 & 3		5:30 - 6:30 pm Evening Yoga Level 2 & 3			
	6:30 - 7:30 pm Hip Hop Dance Level 1		6:30 - 7:30 pm Hip Hop Dance Level 1				
AEROBICS ROOM - DOWNSTAIRS							
5:30		5:30 - 6:30 am		5:30 - 6:30 am			<p>All Classes subject to change</p> <p>Classes with lines through them are youth special enrollment.</p>
5:45	5:45 - 7:00 am Morning Yoga Level 2 & 3	Cardio Sculpt Level 1 & 2	5:45 - 7:00 am Morning Yoga Level 2 & 3	Cardio Sculpt Level 1 & 2	5:45 - 7:00 am Morning Yoga Level 2 & 3		
				7:25 - 8:30 am C.A.T Level 3		7:45 - 9:00am Saturday Yoga Level 2	
8:30	8:30 - 9:30 am Step & Muscle Level 2 & 3	8:30 - 9:30 am Fit Beginnings Level 1	8:30 - 9:00 am Butts and Guts 9:00 - 9:45 am Interval Class	8:30 - 9:30 am Fit Beginnings Level 1	8:30 - 9:30 am Step & Muscle Level 2 & 3		
9:30	9:30 - 10:30 am Body Blast Level 2 & 3	9:30 - 10:00 Stretch, Flex & Balance Level 1	9:30 - 10:30 am Zumba	9:30 - 10:00 Stretch, Flex & Balance Level 1	9:30 - 10:30 am Body Blast Level 2 & 3	10:00 - 11:00 am Karate Class	
12:00		12:10 - 1:00 pm Muscle Cond. Levels 1 & 2		12:10 - 1:00 pm Muscle Cond. Levels 1 & 2			
		3:30 - 4:30 Advanced F4TF	3:30 - 4:30 Advanced F4TF		3:30 - 4:30 Advanced F4TF		
4:30	4:30 - 5:30 pm Step & Muscle Level 2	4:30 - 5:30 pm Step & Muscle Level 2	4:30 - 5:30 pm Instructor's Choice Level 2&3	4:30 - 5:30 pm Step & Muscle Level 2			
	5:15 - 6:15 Bootcamp		5:15 - 6:15 Bootcamp		<p>Bootcamp classes are held at alternating locations outdoors. Locations are set by the instructor.</p>		
5:30	5:30 - 6:30 pm Body Blast Level 2 & 3		5:30 - 6:30 pm Body Blast Level 2 & 3				
6:30	6:30 - 7:30 pm Instructor's Choice	6:00 - 7:00 Zumba	6:30 - 7:30 pm Cardio Kickboxing	6:00 - 7:00 Zumba	<p>Interval Class and Zumba Classes are on a punchcard system. For more information, please contact the Welcome Desk.</p>		
7:30	7:30 - 8: 45 pm Vale Tudo	7:00 - 8:30 pm Karate Class	7:30 - 8: 45 pm Vale Tudo	7:00 - 8:30 pm Karate Class			
GROUP FITNESS ROOM - OFF WEST END OF GYM							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30 - 6:30am Sunrise Cycling Level 1-3	5:30 - 6:30am Sunrise Cycling Level 1-3	5:30 - 6:30am Sunrise Cycling Level 1-3			
8:30	8:30 - 9:30am Group Cycling Level 1-3	8:30 - 9:30am Group Cycling Level 1-3			8:30 - 9:30am Group Cycling Level 1-3	8:30 - 9:30am Weekend Wheels Level 1-3	
9:00			9:00-9:30am Begin to Cycle Level 1-2			9:45 - 10:45am Group Cycling Level 1-3	
12:00	12:10-1:00 Noon Cycling Level 1-3		12:10-1:00 Noon Cycling Level 1-3		12:10-1:00 Noon Cycling Level 1-3		1:00 - 2:00pm Group Cycling Level 1-3
4:30	4:30 - 5:30pm Group Cycling Level 1-3	4:30 - 5:30pm Group Cycling Level 1-3		4:30 - 5:30pm Group Cycling Level 1-3	3:30 -4:30 pm Youth Cycling		2:30 - 3:30pm Interval Cycling Level 1-3
5:30	5:30 - 6:30pm Interval Cycling Level 1-3	5:30 - 6:30pm Interval Cycling Level 1-3	5:30 - 6:30pm Interval Cycling Level 1-3	5:30 - 6:30pm Interval Cycling Level 1-3	5:00 - 6:00 pm Group Cycling Level 1-3		
6:30	6:30 - 7:30pm Begin to Cycling	6:30 - 7:30pm Interval Cycling	6:30 - 7:30pm Interval Cycling	6:30 - 7:30pm Interval Cycling	<p>ATHLETIC SHOES ARE REQUIRED. We encourage cycling participants to arrive 5-minutes before class for proper bike set-up. Participants are not allowed in a class</p>		

Level 1

Level 1-3

Level 1-3

Level 1-3

after 10-minutes have passed for our safety and the safety of