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# Y HEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Updated 6/7/2010	Monday	Tuesday	Wednesday	Thursday	Friday
8:05 a.m.	Senior Weights & Warm Up		Senior Weights & Warm Up		
8:15 a.m.		Power Sculpt			
9:00 a.m.	Zumba Gym	Easy Does It	Abs	Easy Does It	
9:15 a.m.			Zumba Gym		
10:00 a.m.	Tone & Sculpt		Tone & Sculpt		
5 p.m.	Zumba	Zumba Gym			
5:30 p.m.				Power Sculpt Cycle Upstairs	
5:45 p.m.		Strength & Power Cycle Upstairs			
6:00 p.m.	Interval Cross Fit Training				
6:30 p.m.				Zumba	
7:15 p.m.	Bag Kickboxing				

# **YHEALTH & FITNESS™**

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## **\*ZUMBA\***

Monday 9 a.m.

Monday 5 p.m.

Tuesday 5 p.m.

Wednesday 9:15 a.m.

Thursday 6:30 p.m.

## **\*TONE & SCULPT\***

Monday & Wednesday 10 a.m.

## **\*\*POWER SCULPT\***

Tuesday 8:15 a.m.

Thursday 5:30 p.m.

## **\*SENIOR WEIGHTS AND WARM UP\***

Monday & Wednesday 8:05 a.m.

## **\*STRENGTH & POWER\* (mini bars)**

Tuesday 5:45 p.m.

## **\*EASY DOES IT OR PRENATAL\***

Tuesday & Thursday 9 a.m.

## **\*ABS BLAST\***

Wednesday 9:00-9:15 a.m.

## **\*INTERVAL CROSS FIT TRAINING\***

Monday 6 p.m.

## **\*CYCLE\***

Tuesday 5:45 p.m.

Thursday 5:30 p.m.

## **\*BAG KICKBOXING\***

Monday 7:15 p.m.



## **SilverSneakers**

Tuesday 10 a.m.

Friday 8:05 a.m.

Friday 9 a.m.

**Saleeby-Fisher YMCA, East Rowan Branch**