




YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Updated 8/13/10	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.	Dance Party 101	Zumba Gym			
5:30 p.m.	Cycle Upstairs			Power Sculpt Cycle Upstairs	
5:45 p.m.		Strength & Power Sculpt			
6:00 p.m.	Interval Cross Fit Training				
6:30 p.m.			Bag Kickboxing Kinetic Style	Zumba	
7:15 p.m.					

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ZUMBA

Monday 9 a.m.
Tuesday 5 p.m.
Wednesday 9:15 a.m.
Thursday 6:30 p.m.

DANCE PARTY 101

Monday 5 p.m.

SENIOR WEIGHTS AND WARM UP

Monday & Wednesday 8:05 a.m.

EASY DOES IT OR PRENATAL

Tuesday & Thursday 9 a.m.

INTERVAL CROSS FIT TRAINING

Monday 6 p.m.

BAG KINETIC KICKBOXING

Wednesday 6:30 p.m.

TONE & SCULPT

Monday & Wednesday 10 a.m.

****POWER SCULPT***

Tuesday 8:15 a.m.
Thursday 5:30 p.m.

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

Tuesday 5:45 p.m.

ABS BLAST

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

CYCLE

Monday 5:30 p.m.
Thursday 5:30 p.m.



SilverSneakers

Tuesday 10 a.m.
Friday 8:05 a.m.
Friday 9 a.m.

Saleeby-Fisher YMCA, East Rowan Branch