

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Danville Family YMCA

Summer 2010 Begins July 5, 2010

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---------------|----------------------------------|----------------------------------|--------------------------|---------------------------------|-------------------------|-------------------------|---|
| 9:30-10:30AM | **Pilates (Sarah) | **Weights in Motion 75 min (Kim) | **Pilates (Sarah) | **Weights in Motion 75 min(Kim) | **Yoga (Joshua) | | |
| 10:30-11:30AM | *Youth Martial Arts (Lance)* | | **Prenatal Yoga (Joshua) | | | | |
| 11:00-12:00PM | | **Silver Sneakers (Kathy) | | **Silver Sneakers (Kathy) | | Silver Sneakers (Kathy) | |
| 12:00-12:45PM | Spin Fusion (Mark) | Yoga 12:15-1PM (Joshua) | 20/20/20 (Sarah) | Zumba (Danya) | Extreme Intervals (Wes) | | |
| 12:45-1:00 PM | Abs Class (Mark) | | | | Abs Class (Wes) | | 2:00-3:00PM Zumba (Danya) Begins July |
| 3:30-4:30PM | Youth Zumba (Jully) | | | | | | |
| 4:30-5:30PM | Youth Plyometrics (Wes) | | Youth Strength (Wes) | | | | |
| 5:30-6:30PM | **Combo (William) | **Step (Cathy) | 20/20/20 (Robin) | **Step (Cathy) | | | |
| 6-7 PM | | | | | African Dance (Alice) | | |
| 6:30-7:30PM | Zumba (Danya) | | Power Yoga (Joshua) | | | | |
| 7:00-8:30PM | 7:30-8:30 Prenatal Yoga (Joshua) | Yoga (Aldine) | | Spanish Zumba (Jully) | | | |

All classes are FREE to YMCA members. Non-Members pay \$5 a class or purchase a punch card.

Please bring a water bottle and towel to Group Cycling class which has a limit of 12 spots. You may sign up at the Member Service Desk.

Classes with ** are offered during hours of Child Watch.

Youth classes are for participants 14 and younger.