

**DANVILLE FAMILY YMCA GROUP EXERCISE SCHEDULE**

**WINTER 2012**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>	<b>SUNDAY</b>
<b>6:00-7:00AM</b>	Boot Camp (Jenna)				Boot Camp (Jenna)		
<b>8:30-9:30AM</b>						Cardio Mix (Robin)	
<b>9:00-10:15AM</b>		<b>**Weights in Motion (Kim)</b>		<b>**Weights in Motion (Kim)</b>			
<b>9:30-10:30AM</b>	<b>**Pilates (Sarah)</b>		<b>**Pilates (Tracy)</b>		<b>**Yoga (Tracy)</b>	<b>Zumba (Robin)</b>	
<b>11:00-12:00PM</b>	Senior Yoga (Aldine)	Silver Sneakers (Kathy)	Zumba Gold (Danya)	Silver Sneakers (Kathy)	Belly Dancing (Melissa)	Silver Sneakers (Kathy)	
<b>12:00-1:00PM</b>	Spin Fusion (Mark)	<b>12:15-1PM Yoga (Tracy)</b>	Zumba (Danya)	Yoga (Tracy)	Interval Training (Trey)		
<b>4:30-5:30PM</b>	Youth Zumba (Jully)	Youth Combo (Robin)	Youth African Dance (Alice)	Trey's Sports Day (Trey)			<b>2:00-3:00PM Zumba (Robin)</b>
<b>5:30-6:30PM</b>	<b>**Combo (William)</b>	<b>**Step Mix (Robin)</b>	<b>20/20/20 (William)</b>	<b>**Step (Robin)</b>			
<b>6:30-7:30PM</b>	<b>**Zumba (Danya/Jully)</b>		Power Yoga (Anna)	<b>**Zumba (Jully) Group Ex</b>	<b>6:00-7:30 African Drum &amp; Dance (Alice)</b>		
<b>7:00-8:30PM</b>	<b>7:30-8:30 Yoga (Aldine/Frank)</b>	Yoga (Aldine)					

All classes are FREE to YMCA members. Non-Members pay \$5 a class or purchase a punch card!  
**Classes with \*\* are offered during hours of Child Watch.** Youth classes are for participants 14 and younger.

**Danville Family YMCA**  
**Water Group Exercise Classes**

**WINTER 2012 SCHEDULE**

	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>	<b>SATURDAY</b>
<b>9:00-10:00AM</b>	Water Aerobics		Water Aerobics		Water Aerobics	Water Aerobics
<b>10:00-11:00AM</b>	Water Rehab	10:15 Zumba Aqua	Water Rehab	10:15 Zumba Aqua	Water Rehab	
<b>7:00-8:00PM</b>		Water Aerobics		Water Aerobics		
<b>8:00-8:30PM</b>		Power Walking				

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

**EXERCISE TOGETHER AND KEEP COMING BACK!**