



# Licking County Family YMCA

## AEROBIC STUDIO CLASS SCHEDULE

### BUILDING SPIRIT , MIND , AND BODY

	MON	TUES	WED	THURS	FRI	SAT	SUN
6:00	Instructors Choice Sandy	Instructors Choice Constance	Instructors Choice Jim	Instructors Choice Constance	Instructors Choice Constance		
6:15							
6:30							
6:45	6:00 AM	6:00 AM	6:00 AM	6:00 AM	6:00 AM		
7:00							
7:15							
7:30							
7:45							
8:00	Active Adult Cardio Trish	Active Adult Strength Cathy	Active Adult Cardio Trish	Active Adult Strength Cathy		Pilates Leslie	
8:15							
8:30	8:00 AM	8:00 AM	8:00 AM	8:00 AM			
8:45						8:00 AM	
9:00	Cardio Strength Trish	Circuit Interval Leslie	Cardio Strength Sarah P	Circuit Interval Leslie	Cardio Strength Lynn	Kickboxing Jessica	
9:15							
9:30							
9:45	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	9:00 AM	
10:00	Zumba Kini	Yoga Shari	Zumba Fran	Yoga Shari	Zumba Lisel	Zumba Kini	
10:15						10:00 AM	
10:30							
10:45	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM		
10:00	Pilates English Gym	Pilates English Gym	Pilates English Gym	Pilates English Gym	Pilates English Gym		
10:15							
10:30	10:00 AM	10:00 AM	10:00 AM	10:00 AM	10:00 AM		
10:45	Velma	Lisel	Velma	Lisel	Velma		
11:00	SilverSneakers Strength Trish	Active Adult Cardio Lynn	SilverSneakers Strength Danielle	Active Adult Yoga Stretch	SilverSneakers Strength	Beginner Zumba Kini	
11:15						Aerobic Studio	
11:30	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	11:00 AM	
11:45							
12:00	Tone & Strength Danielle	Zumba Gold Judy	Tone & Strength Trish	Zumba Gold Judy	Tone & Strength Lisel	Hip Hop Dance Kini	
12:15							
12:30	12:00- 12:45	12:00- 12:45	12:00- 12:45	12:00- 12:45	12:00- 12:45	12:00-12:50 PM	
12:45							
3:00		Active Adult Strength Pam		Active Adult Strength Pam			Instructors Choice
3:15							1:00 PM
3:30							
3:45							
4:00							
4:15							
4:30	Tone & Strength Constance		Tone & Strength Shannon				
4:45							
5:00	4:30 PM	Kickboxing Sam	4:30 PM	Kickboxing Barb			
5:15	Pilates Barb		Pilates Shannon				
5:30							
5:45	5:15 PM	5:00 PM	5:15 PM	5:00 PM			
6:00	Zumba Barb	Step Kristy	Zumba	Step Kristy			
6:15							
6:30	Aerobic Studio		Aerobic Studio				
6:45	6:00 PM	6:00 PM	6:00 PM	6:00 PM			
7:00	Low Impact Aerobics	Boot Camp	Low Impact Aerobics	Boot Camp			
7:15							
7:30	Sherry	Christine	Sherry	Kristina			
7:45	7:00 PM	7:00 PM	7:00 PM	7:00 PM			
8:00	Yoga Erin	Zumba Kini	Yoga Erin	Ballroom Toshi			
8:15							
8:30							
8:45	8:00 PM	8:00 PM	8:00 PM	8:00 PM			

Effective May 8th, 2010  
Ends Sept, 2010