

Cansler YMCA Aerobic Schedule

March 2010

<u>Monday</u>	9:00 am	Cardio Circuit!	Chris
	10:00 am	Makin Waves	Ann
	11:00 am	Silver Sneakers	Nancy
	5:30 pm	Lvl 2 Yoga (CR)	Hana
		Step & Glide	Pam
		Spin	Nancy S.
	6:00 pm	Makin' Waves	Angie
6:15 pm	Total Body	Pam	
7:15 pm	ZUMBA!	Angie	
<u>Tuesday</u>	9:00 am	Core Body Balance	Rebecca
	9:30 am	Makin' Waves	Nicci
	5:30pm	Guts 'n' Guns (45 min)	Nancy
	6:00pm	Makin' Waves	Laura
	6:15 pm	Pilates (45 min)	Nancy
<u>Wednesday</u>	9:00 am	ZUMBA!	Lee
	10:00 am	Makin' Waves	Ann
		Yoga	Rebecca
	11:00 am	Silver Sneakers	Nancy
	5:30 pm	ZUMBA!	Angie
6:30 pm	Total Body	Samantha	
<u>Thursday</u>	9:30 am	Makin' Waves	Ann
		Beginner Yoga	Angela
	10:00am	Kickboxing	Samantha
	5:30 pm	Spin	Robin
	5:30 pm	Makin' Waves	Laura
	6:00 pm	Butts n Guts	Samantha
	6:15 pm	ZUMBA! Tone	Hope
<u>Friday</u>	9:00 am	Stability Ball	Chris
	10:00 am	Makin' Waves	Laura
	11:00 am	Silver Sneakers	Nancy
<u>Saturday</u>	9:00 am	Zumba	Angie
	10:00 am	Makin' Waves	Angie
	10:00 am	Yoga	Angela

Starting March 1st!

ALL of the fitness floor strength equipment is going to be reupholstered! Some machines will be down for a day at a time. Please be patient with us as we strive to make your YMCA experience better!



Search for the C.W. Cansler Family YMCA

Get updates about things going on at your Y!