

West Side Family YMCA*

July Schedule -2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
®SilverSneakers is a registered trademark	Summer Youth Circuit Hours M/W/F 8:00-12:00	Youth Circuit Hours Monday-Thursday 5:00pm-8:00pm Saturday 9:00am-12:00p	1 8:30 Aqua Aerobics 9:15 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Total Body 6:00 Swim/Bike/Run 6:00 Aqua Aerobics 7:00 Power Yoga	2 8:30 SilverSneakers I 6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:45 Pilates 12:00 SilverSneakers I 1:00-SilverSplash 6:00 Aqua Aerobics 6:00 Zumba	3 8:30 Yoga 9:45 Zumba 11:00 Summer Zumba		
			<i>Sunday</i>				
			4				
			No CLASSES				
5 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:30 Zumba 10:00 SilverSplash 10:35 Yoga Boot Camp 12:00 SilverSneakers I 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Zumba-No Childcare	6 8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakersII 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	7 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 8:30 SilverSneakers I 9:30 Boot Camp 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Advanced Yoga 6:00 Aqua 7:30 Zumba	8 8:30 Aqua Aerobics 9:15 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Total Body 6:00 Swim/Bike/Run 6:00 Aqua Aerobics 7:00 Power Yoga	9 8:30 SilverSneakers I 6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:45 Pilates 12:00 SilverSneakers I 1:00-SilverSplash 6:00 Aqua Aerobics 6:00 Zumba	10 8:30 Yoga 9:45 Zumba 11:00- Summer Zumba		
<i>Sunday</i>							
11							
1:30 Zumba. 2:30 Family Zumba NO CHILDWATCH							
12 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:30 Zumba 10:00 SilverSplash 10:35 Yoga Boot Camp 12:00 SilverSneakers I 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Zumba-No Childcare	13 8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakersII 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	14 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 8:30 SilverSneakers I 9:30 Boot Camp 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Advanced Yoga 6:00 Aqua 7:30 Zumba	15 8:30 Aqua Aerobics 9:15 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Total Body 6:00 Swim/Bike/Run 6:00 Aqua Aerobics 7:00 Power Yoga	16 8:30 SilverSneakers I 6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:45 Pilates 12:00 POTLUCK 6:00 Aqua Aerobics 6:00 Zumba	17 8:30 Yoga 9:45 Zumba 11:00-Summer Zumba		
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18							
1:30 Zumba. 2:30 Family Zumba NO CHILDWATCH							
19 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:30 Zumba 10:00 SilverSplash 10:35 Yoga Boot Camp 12:00 SilverSneakers I 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Zumba-No Childcare	20 8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakersII 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	21 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 8:30 SilverSneakers I 9:30Boot Camp 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Advanced Yoga 6:00 Aqua 7:30 Zumba	22 8:30 Aqua Aerobics 9:15 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Total Body 6:00 Swim/Bike/Run 6:00 Aqua Aerobics 7:00 Power Yoga	23 8:30 SilverSneakers I 6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:45 Pilates 12:00 SilverSneakers I 1:00-SilverSplash 6:00 Aqua Aerobics 6:00 Zumba	24 8:30 Yoga 9:45 Zumba 11:00-Summer Zumba		
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25							
1:30 Zumba. 2:30 Family Zumba NO CHILDWATCH							
26 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:30 Zumba 10:00 SilverSplash 10:35 Yoga Boot Camp 12:00 SilverSneakers I 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Zumba-No Childcare	27 8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakersII 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	28 6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 8:30 SilverSneakers I 9:30 Boot Camp 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Advanced Yoga 6:00 Aqua 7:30 Zumba	29 8:30 Aqua Aerobics 9:15 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga 6:00 Total Body 6:00 Swim/Bike/Run 6:00 Aqua Aerobics 7:00 Power Yoga	30 8:30 SilverSneakers I 6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:45 Pilates 12:00 SilverSneakers I 1:00-SilverSplash 6:00 Aqua Aerobics 6:00 Zumba	31 8:30 Yoga 9:45 Zumba 11:00-Summer Zumba		
<i>Sunday</i>							
1							
1:30 Zumba. 2:30 Family Zumba No Childwatch							

*Schedule subject to change depending on instructor availability and program needs.