

# West Side Family YMCA\*

## March Schedule –2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2	3	4	5	6
6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 10:00 SilverSplash 10:35 Core Yoga 12:00 SilverSneakers 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Kickboxin 8:00Zumba-No <b>Childcare</b>	8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga  6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	<b>8:30 SilverSneakers</b> 6:00 Spin 8:30 Spin 8:30 Aqua <b>9:30Bootcamp</b> 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Yoga 6:00 Aqua 7:30 Zumba	8:30 Aqua Aerobics 8:15 Step 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.	6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:35 Pilates 12:00 SilverSneakers 1:00-SilverSplash  6:00 Aqua Aerobics 6:00 Zumba	8:30 Yoga 9:30 Zumba   <div style="text-align: center;"><i>Sunday</i></div> 1:30 Zumba. <b>2:30 Family Zumba NO CHILDWATCH</b>
8	9	10	11	12	13
6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 10:00 SilverSplash 10:35 Core Yoga 12:00 SilverSneakers 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Kickboxing 8:00 Zumba-No <b>Childcare</b>	8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga  6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	<b>8:30 SilverSneakers</b> 6:00 Spin 8:30 Spin 8:30 Aqua <b>9:30 Boot camp</b> 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Yoga 6:00 Aqua 7:30 Zumba	8:30 Aqua Aerobics 8:15 Step 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.	6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:35 Pilates 12:00SilverSneakers 1:00-SilverSplash  6:00 Aqua Aerobics 6:00 Zumba	8:30 Yoga 9:30 Zumba   <div style="text-align: center;"><i>Sunday</i></div> 1:30 Zumba. <b>2:30 Family Zumba NO CHILDWATCH</b>
15	16	17	18	19	20
6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 10:00 SilverSplash 10:35 Core Yoga 12:00 SilverSneakers 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Kickboxing 8:00 Zumba-No <b>Childcare</b>	8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga  6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	<b>8:30 SilverSneakers</b> 6:00 Spin 8:30 Spin 8:30 Aqua <b>9:30Bootcamp</b> 10:00 SilverSplash 10:35 Core Conditioning <b>12:00 Potluck</b> 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Yoga 6:00 Aqua 7:30 Zumba	8:30 Aqua Aerobics 8:15 Step 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.	6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:35 Pilates 12:00 SilverSneakers 1:00-SilverSplash  6:00 Aqua Aerobics 6:00 Zumba	8:30 Yoga 9:30 Zumba   <div style="text-align: center;"><i>Sunday</i></div> 1:30 Zumba. <b>2:30 Family Zumba NO CHILDWATCH</b>
22	23	24	25	26	27
6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 10:00 SilverSplash 10:35 Core Yoga 12:00 SilverSneakers 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Kickboxing 8:00 Zumba-No <b>Childcare</b>	8:30 Aqua Aerobics 9:00 Kick Butt Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga  6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	<b>8:30 SilverSneakers</b> 6:00 Spin 8:30 Spin 8:30 Aqua <b>9:30Bootcamp</b> 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Yoga 6:00 Aqua 7:30 Zumba	8:30 Aqua Aerobics 8:15 Step 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.	6:00 Spin 8:30 Spin 830 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 9:30 Swim/Bike/Run 10:00 SilverSplash 10:35 Pilates 12:00 SilverSneakers 1:00-SilverSplash  6:00 Aqua Aerobics 6:00 Zumba	8:30 Yoga 9:30 Zumba   <div style="text-align: center;"><i>Sunday</i></div> 1:30 Zumba. <b>2:30 Family Zumba NO CHILDWATCH</b>
29	30	31	1	2	3
6:00 Spin 8:30 Spin 8:30 Aqua Aerobics 9:00 Express Circuit 9:30 Zumba 10:00 SilverSplash 10:35 Core Yoga 12:00 SilverSneakers 1:00 SilverSplash 6:00 Total Body 6:00 Spin 6:00 Aqua Aerobics 7:00 Kickboxing 8:00 Zumba-No <b>Childcare</b>	8:30 Aqua Aerobics 9:00 Kick But Training 9:30 Spin 10:15 SilverSneakers II 11:05 Yoga 1:00 SilverSplash 1:15 Senior Yoga  6:00 Zumba 6:00 Beginner Spin 6:00 Aqua Aerobics	<b>8:30 SilverSneakers</b> 6:00 Spin 8:30 Spin 8:30 Aqua <b>9:30 Boot camp</b> 10:00 SilverSplash 10:35 Core Conditioning 12:00 Senior Yoga 12:00 Spin 1:00 SilverSplash 5:15 Butts N Guts 6:00 Yoga 6:00 Aqua 7:30 Zumba	8:30 Aqua Aerobics 8:15 Step 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.	<div style="text-align: center;"><b>GOOD FRIDAY</b></div> <div style="text-align: center;"><b>NO CLASSES NO CHILDWATCH</b></div> <div style="text-align: center;"><b>YMCA CLOSSES AT 2PM</b></div>	8:30 Yoga 9:30 Zumba   <div style="text-align: center;"><i>Sunday</i></div> <div style="text-align: center;"><b>EASTER SUNDAY CLOSED</b></div>

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