

GET FIT! STAY YOUNG!

MONDAY					
AM	5:30 - 6:30	Hip Hype Cycle	Wanda	Cycle Studio	ADVANCED Cycling
	8:15 - 9:15	Mat Pilates	Blanche	Aerobic Studio	Body Sculpting
	8:30 - 10:00	Water Aerobics	Diane/Blanche	Natatorium	Water Aerobics
	10:30 - 11:30	Tai Chi	Baba Bey	Aerobic Studio	Spirit Mind Body
PM	12:30 - 1:00	All-N-30	Kenny	Aerobic Studio	Cardio Sculpt
	5:30 - 6:30	Creative Cardio	Rob	Aerobic Studio	Body Sculpting
	6:30 - 7:30	Step Challenge	Wesley	Aerobic Studio	High Impact Cardio
	6:30 - 7:30	Free Wheelin'	Jarvis	Cycle Studio	ADVANCED Cycling
	6:30 - 9:00	Chicago Style Steppin'	True Passion	Aerobic Studio	Dance Lessons
	7:30 - 8:30	Adult Karate	Sal	Freeman Ctr.	Martial Arts
	7:00 - 8:00	Water Aerobics	Eloise	Natatorium	Water Aerobics
TUESDAY					
AM	6:30 - 7:30	Rip-N-Ride	Wesley	Cycle Studio	Indoor Cycling
	8:00 - 9:00	Butts -n- Gutts	Chastain	Aerobic Studio	Body Sculpting
	8:30 - 9:30	Senior Pool Pals	Beth Gross	Natatorium	Water Aerobics
PM	5:30 - 6:30	Basic Step	Juanita	Aerobic Studio	Mid Range Cardio
	6:30 - 7:30	Yoga	Staff	Aerobic Studio	Spirit Mind Body
	6:30 - 7:30	Fit & Funky Ride	Monica	Cycle Studio	Indoor Cycling
WEDNESDAY					
AM	5:30 - 6:30	H.E.A.T.	Rob	Gymnasium 2	High Impact Combo
	8:30 - 9:30	Resistance Pilates	Blanche	Aerobic Studio	Mid Range Cardio
	8:30 - 10:00	Water Aerobics	Brandy	Natatorium	Water Aerobics
	10:30 - 11:30	Tai Chi	Baba Bey	Aerobic Studio	Spirit Mind Body
PM	12:30 - 1:00	All-N-30	Kenny	Aerobic Studio	Cardio Sculpt
	5:30 - 6:30	Body Sculpting Butts-n-Gutts	Alethia -- 1st,3rd,5th Chastain -- 2nd	Aerobic Studio	Body Sculpting
	6:30 - 7:30	Hip Hype Cycle	Wanda	Cycle Studio	ADVANCED Cycling
	6:30 - 7:30	Kickboxing	Alethia	Aerobic Studio	Hi Impact Cardio
	7:30 - 8:30	Fitness Yoga	Randy	Aerobic Studio	Spirit Mind Body
	7:00 - 8:00	Water Aerobics	Eloise	Natatorium	Water Aerobics

THURSDAY					
AM	6:30 - 7:30	Rip-N-Ride	Wesley	Cycle Studio	Indoor Cycling
	8:00 - 9:00	Butts -n- Gutts	Chastain	Aerobic Studio	Body Sculpting
	8:30 - 9:30	Senior Pool Pals	Beth Gross	Natatorium	Water Aerobics
PM	6:00 - 6:45	60 Minutes Strong	Kenny	Aerobic Studio	Body Sculpting
	6:45- 7:30	Cardio Box	Terrance	Aerobic Studio	Low Impact Cardio
	6:30 - 7:30	Fit & Funky Ride	Monica	Cycle Studio	Indoor Cycling
	7:30 - 8:30	Zumba	April	Aerobic Studio	Fitness Dancing
FRIDAY					
AM	5:30 - 6:30	36-24-36	Rob	Aerobic Studio	Body Sculpting
	8:30 - 9:30	On The Ball Pilates	Blanche	Aerobic Studio	Low Impact
	8:30 -10:00	Water Aerobics	Diane	Natatorium	Water Aerobics
	9:30 - 10:30	Figure 8	Shane	Aerobic Studio	Sculpt & Stamina
	5:30 - 6:30	Urban Line Dancing	Diane	Aerobic Studio	Fitness Dancing
	6:30 - 7:30	Hip Hop	Seth	Aerobic Studio	Fitness Dancing
SATURDAY					
AM	8:30 - 9:30	Step	Laura	Aerobic Studio	Step Aerobics
	9:30 -10:30	Hip Hype Cycle	Jarvis	Cycle Studio	ADVANCED Cycling
	11:00 - 12:00	Deep Water Aerobics	Blanche	Natatorium	Water Aerobics
PM	12:00 - 1:00	Water Aerobics	Blanche	Natatorium	Water Aerobics
	3:00 - 5:00	Salsa	Afre Salsa	Aerobic Studio	Dance Lessons
SUNDAY					
	2:00 - 3:00	Soulful Sunday Sculpt	Navar	Aerobic Studio	Body Sculpting
	3:00 - 4:00	Karate	Sal	Freeman Center	Martial Arts

www.ymcatlanta.org

NEW MEMBERS GET FREE FITNESS EVALUATIONS AND 6 MONTHS FREE WELLNESS COACHING! SIGN UP IN THE WELLNESS CENTER!

Blanche Payne, Wellness Director -- Youth and Adults Schedule is effective February 2010