

Heinrich YMCA Fitness Class Schedule

YMCA Mission Statement: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Aerobic Studio Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday
6:15-7:00am	Basic Step Virgina/Kit		Basic Step Virgina/Kit		Basic Step Virgina/Kit
7:15-8:00am	TNT Virgina/Kit		TNT Virgina/Kit		TNT Virgina/Kit
9:00-9:45am	Silver & Fit Chana		Silver & Fit Lisa		
9:15 - 10:00am					Low Impact Michele
9:45-10:30am	Tai Chi Andy/Tamalyn		Tai Chi Andy/Tamalyn		
10:00 - 11:00am					Beginner Yoga Michele
10:30-11:00am			Pilates Patti		
10:30-11:30am	Beginner Yoga Patti				
11:00am- 12:00pm			Beginner Yoga Patti		
12:00-12:30pm			Pilates Patti		
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5:45-6:45pm	Boot Camp Michele		Hip Hop Aerobics Rochelle		
5:45-6:30PM		Indoor Cycling Ann		Indoor Cycling Jeff	
6:15-6:45pm	Pilates Michele		6 Pack Attack Michele		
6:45-7:30pm		Yoga Ann	Kickboxing Michele	Yoga Jeff	

Indoor Pool

	Monday	Tuesday	Wednesday	Thursday	Friday
7:00-7:45am	Water Walking Doris H.	Water Walking Doris H.	Water Walking Doris H.	Water Walking Doris H.	Water Walking Doris H.
8:00-8:45am	Water Fitness Walter	Water Fitness Walter	Water Fitness Walter	Water Fitness Walter	Water Fitness Walter
9:15-10:15am		Arthritis Aquatics Camille		Arthritis Aquatics Leonor	
10:00-11:00am	Post Stroke Aquatics Carlos		Post Stroke Aquatics Carlos		
11:00-11:45am	Water Fitness Joan	Water Fitness Joan	Water Fitness Joan		Water Fitness Joan
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5:30-7:00pm		Cardio Aquatics Julie		Cardio Aquatics Julie	
6:45-7:30pm	Water Aerobics Marianne		Water Aerobics Marianne		Water Aerobics Marianne

Healthy Aging classes held every Wednesday 10:00 in the meeting room.

Times, Instructors and locations subject to change without notice. Please see reverse side for class descriptions.

Participants must be 13 years of age or older.