

YMCA @ THE PONDS ~ FITNESS SCHEDULE ~ SEPTEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:30-8:15 LUCINDA SPIN Multi-purpose			7:30 - 8:15 LUCINDA INTRO TO SPIN Multi-purpose rm		
8:20 - 9:20 LUCINDA CHISEL All levels	8:15 - 9:15 LIZ BOSU All levels	8:15-9:15 SUZIE CHISEL All levels	8:15 - 9:15 LIZ BOSU All levels	9:00-9:30 HEATHER Jump Rope/Core levels 2/3	
	8:30-9:30 TRACY SPIN Multi-purpose	8:30 - 9:30 LUCINDA SPIN Multi-purpose	8:30-9:30 LUCINDA SPIN Multi-purpose	8:30 -9:30 LESLIE CYCLE Multi-purpose	
9:30 - 10:30 TREA ZUMBA - All levels Court #1	9:45-10:30 TRACY YOGA All Levels	9:30 - 10:35 TREA ZUMBA - All levels Court #1		9:45 - 10:45 LUCINDA CHISEL All levels	8:00 - 9:00 SPIN/CYCLE September 4th Tracy September 11th Eleanor September 18th Eleanor
9:30 - 10:30 LUCINDA SPIN Multi-purpose	10:00-10:45 LUCINDA INTRO TO SPIN Multi-purpose		9:45 - 10:00 LUCINDA GOT ABS All levels	9:45 - 10:45 PAM PILATES/All levels Multi-purpose	
			11:00 - 12:15 Miss Lisa BALLET/TAP 2 Potty trained (3 year olds)		----- September 25th Lucinda/Endurance Ride
11:20 - 12:10 KELLY 39 & HOLDING Level 1/2		11:20 - 12:10 KELLY 39 & HOLDING Level 1/2			
	1:00 - 2:00 ERIKA SILVER SNEAKERS Level 1		1:00 - 2:00 TRACY SILVER SNEAKERS Level 1		9:30-10:30 Alt Instructors PILATES All levels
	4:15 - 5:00 MISS LIZ FITASTIC KIDS (5-12 yrs)	4:15 - 5:00 MISS Erika FITASTIC KIDS/KIDS CHOICE (6 & UP)	4:15 - 5:00 MISS TRACY FITASTIC KIDS YOGA (5-12 yrs)		
5:15-6:00 BETSY STEP Levels 1/2	5:05 - 6:00 MISS LISA Ballet/Tap (4 -6 years)	5:15-6:00 MARLENE/SUZIE ZUMBA All levels	5:15-6:00 LIZ BOSU Levels 2/3		
6:00 - 6:45 ELEANOR INTRO CYCLE Multi-purpose	6:00 - 7:00 ELEANOR CYCLE Multi-purpose	6:00 - 7:00 JENN CHISEL All levels	6:00 - 7:00 TREA ZUMBA/ All levels Court #1	5:30-6:30 JENN CHISEL All levels	
6:05 - 7:05 CHISEL All levels	6:05 - 7:00 MISS BONNIE BEGINNER JAZZ/HIP-HOP (6 -9 years)	7:05 - 8:00 SHERRY/ROBIN CARDIO CHISEL All levels	6:00 - 7:00 JULIE SPIN Multi-purpose	 <p style="font-size: small;">We build strong kids, strong families, strong communities.</p>	
7:05-8:00 KID ZONE Multi-purpose (6-12 yrs)	7:00 - 8:00 MISS BONNIE Jazz/Hip-Hop Program (10-13years)	7:05 -8:00 KID ZONE Multi-purpose (6-12 yrs)	7:05 - 8:00 KID ZONE Multi-purpose (6-12 yrs)	unless otherwise noted all classes are held in the aerobics room	
7:00-8:00 BONNIE Adult Lyrical Jazz/Ballet			7:00 - 8:00 LISA Adult Dance-n-Burn		

1st time participants for SPIN/ Cycle see reverse for information