

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

SPRING/SUMMER 2010 JULY

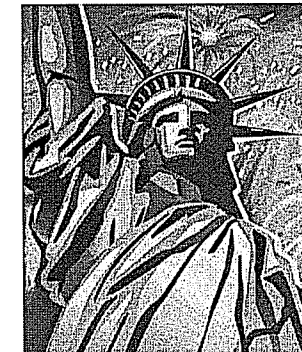
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:40 - 6:35 Hi/Lo & Step Adele		5:40 - 6:35 Hi/Lo & Step Adele		
		7:00 - 8:00 Power Yoga Ray		7:00 - 8:00 Power Yoga Ray	
	8:05 - 9:00 Silver Splash Ruby	8:30-9:00 Aqualates (pool) Ruby			8:00 - 9:15 Power Yoga Lance
8:30 - 9:25* Lee	8:30 - 9:15 Step DaLawna	8:30 - 9:25* NEW!	8:30 - 9:25* Amanda	8:30 - 9:25 TBC Maren	9:00-9:55 Deep Water Tonie
9:05-10:00 Shallow Water Ruby	9:05-10:00 Shallow Water Jana	9:05-10:00 Shallow Water Ruby	9:05-10:00 Arthritis Water Jana	9:05-10:00 Shallow Water Ruby	9:15 - 10:00 Yoga for kids Lance
9:30 - 10:25 Cycle* Kim		9:30-10:25 Cycle* Kim		9:30 - 10:25 Cycle* Chaney	10:30 - 11:30* Lee
11:00-11:55 Silver Sneakers II Ruby	9:30 - 10:25 Yoga Lance	11:00-11:55 55+ Alive Adele	9:30 - 10:25 Yoga Lance	11:00-11:55 55+ Alive Adele	11:30 - 12:30 \$KARATE
	10:15-11:00 Senior Strength (circuit room)		10:15-11:00 Senior Strength (circuit room)		1:00 - 1:45 \$TUMBLING (3-5 year olds)
	11:00-11:55 Silver Sneakers I Jana		11:00-11:55 Silver Sneakers I Jana		
4:30-5:25 Cycle Skip		4:00 - 4:45 \$Dance, Dance (5 & older)	4:00 - 4:45 \$Creative Movement (3-5 years old)		
5:30-6:25 TBC Trisha	5:30-6:25 Cycle* Chaney	5:30-6:25 Yoga Candace	5:30-6:25 Belly Dance Candace	6:00-6:55 Belly Dance Promise	
6:00-6:55 Deep Water (pool) Ruby	6:00-6:55 Deep Water (pool) Ruby	6:00-6:55 Deep Water (pool) Ruby	6:00-6:55 Deep Water (pool) Jana		
6:30-7:25 Step Combo Janet	6:30 - 7:30* Nancy	6:30 - 7:25* Elena	6:30-7:25 Kickbox Jam Deann		
	7:00-8:00 Running Club (On the track)		7:00-8:00 Running Club (On the track)		
	7:35-8:30 Yoga Gladys	7:30 - 8:30 \$KARATE			



Mesa Family YMCA
207 N. Mesa Dr
Mesa, AZ 85201
480-969-8166

www.valleymca.org

YMCA Mission: "Putting Christian Principles into practice through programs that build a healthy Spirit, Mind and Body for all."



Monday July 5 Schedule

- *8:30AM FREEDOM MIX!
- *9:05AM Shallow water with Ruby
- *9:30AM Cycle with Kim
- *11:00AM Silver Sneakers II w/Ruby
- ***All other classes postponed***

It's Here!

Kid's Dance

Kid's Tumbling

Inquire at the Front Desk for more info!

Amazing Kids Center Hours

Mon-Sat. 8am - 12pm
Mon-Thurs. 4:00pm-8:30pm
Fri. 4:00pm-7:30pm

Classes are 55 minutes in length unless indicated.

Class formats and/or times are subject to change without notice.

*Space is limited. Must have a card from the front desk to reserve a spot.