



GROUP EXERCISE SCHEDULE

MESA FAMILY Y •
Winter 2011-2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 - 9:30 Lee 	8:30 - 9:25 Dora 	8:30 - 9:30 Kristin 	8:30 - 9:25 Rebecca 	8:30 - 9:25 Bootcamp* Kristin	8:00 - 9:00 Power Yoga Gladys/Candice
9:05-10:00 Shallow Water Ruby		9:05-10:00 Shallow Water Ruby		9:05-10:00 Shallow Water Ruby	
9:35 - 10:30 Cycle* Kim	9:30 - 10:25 Yoga Candice	9:35-10:30 Cycle* Kim	9:30 - 10:25 Yoga Candice	9:30 - 10:25 Cycle* Chaney	9:15 - 10:10* Darin
		10:00 - 10:30 Aqualates Ruby	9:05-10:00 Shallow Water Ruby		10:15 - 11:15 Lee
11:00-11:55 Ruby SILVERSNEAKERS® Cardio Circuit	11:00-11:55 Jana SILVERSNEAKERS® Muscular Strength	11:00-11:55 55+ Alive Adele/Ruby	11:00-11:55 Jana SILVERSNEAKERS® Muscular Strength	11:00-11:55 55+ Alive Adele/Ruby	11:30 - 12:30 \$KARATE
	12:15 - 1:10 Ruby SILVERSNEAKERS® Splash	10:15-10:45 Silver Circuit	12:15 - 1:00 Rubv Arthritis Foundation Aquatic Program™		1:00-1:45 \$Tumbling (ages 3-5)
	4:30 - 5:25 \$Dance, Dance (5 & older)	4:00 - 4:45 \$Dance, Dance (5 & older)	4:30-5:25 Belly Dance Candice	12:15-1:00 Ruby Take Control. We Can Help.™	
5:30 - 6:25 Dora 	5:30-6:25 Cycle* Chaney	5:30-6:25 Yoga Candice	5:30-6:25 Cycle* Chaney	5:30 - 6:30* Rotation 	
6:00-6:55 Deep Water Ruby	6:00-6:55 Deep Water Ruby	6:00-6:55 Deep Water Ruby			
	6:00-6:45 Circuit Training		6:00-6:45 Circuit Training		
6:30-7:25 Step Combo Janet	6:30 - 7:30 Bootcamp Rachel	6:30 - 7:25* Darin 	7:00 - 7:55 Rebecca 	<div style="border: 1px solid gray; padding: 5px;"> <p align="center">Facility Hours</p> <p align="center">Mon - Thurs 5:30am - 10:00pm</p> <p align="center">Friday 5:30am - 8:00pm</p> <p align="center">Saturday 7:00am - 5:00pm</p> <p align="center">Sunday 12:00pm - 5:00pm</p> </div>	
6:15 - 7:15 \$JUJITSU (GYM)	7:00-8:00 Running Club (Track)	6:15 - 7:15 \$JUJITSU (GYM)	7:00-8:00 Running Club (Track)		
	7:35-8:30 Yoga Gladys	7:30 - 8:30 \$KARATE			



**Holiday
Challenge 2011**

Pick up a punchcard
at the Front Desk
and keep moving!

<p>Amazing Kids Center Hours</p> <p>Mon-Sat. 8am - 12pm</p> <p>Mon-Thurs. 4:00pm-8:30pm</p> <p>Fri. 4:00pm-7:30pm</p>
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Mesa Family YMCA 207 N Mesa Dr Mesa, AZ 85201 480-969-8166 www.valleymca.org

*Space is limited. Must have a card from the front desk.
Class formats and/or times subject to change without notice.
12/5/2011