

# South Mountain YMCA

## FITNESS CLASS SCHEDULE (EFFECTIVE JULY 1st - August 30th 2010)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<u>6 am - 6:50 am</u> Spin Noelle	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>6 am - 6:50 am</u> Spin Noelle		<u>6am - 7:00am</u> Cycle & Abs Cheyanne	
<u>8 am - 9 am</u> Silver Sneaker MSRM Jim	<u>9:15 am - 10:15am</u> Belly Hoop Maryana	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim		<u>8:10am - 9:00 am</u> Group Cycle Cheyanne
<u>9:00 am - 10:00 am</u> Active Older Adults - Jim and Circuit - Staff (downstairs)	<u>10:15am - 11:15am</u> Zumba Amy	<u>9:00 am - 10:00 am</u> Active Older Adults - Jim and Circuit - Staff (downstairs)	<u>9:30am - 10:30am</u> Belly Dancing Maryana	<u>8 am - 9 am</u> SILVER SNEAKERS MSRM Jim Circuit - Staff (downstairs)	<u>9:15 am - 10:15 am</u> Pilates Julie
	<u>4:45pm - 5:25pm</u> Step II Drisana		<u>10:30am - 11:30am</u> Yoga Maryana	<u>9:00 am - 10:00 am</u> Active Older Adults - Jim Circuit - Staff (downstairs)	<u>10:20am - 11:20am</u> Boot Camp Sean
	<u>5:30pm - 5:55pm</u> AB Buster Drisana	<u>5:30pm - 6:30pm</u> BOOT CAMP Substitute			
<u>5:15 pm - 6:05 pm</u> **Basic spin Tammara	<u>6:00pm - 6:45pm</u> On the Ball Tammara	<u>6:35pm - 7:35pm</u> **Spin Class Meredith	<u>5:50PM -6:55PM</u> BOOT CAMP Sean		
<u>6:15 pm - 7:15 pm</u> Triple Threat Drisana	<u>6:55pm - 7:55pm</u> Pilates Julie		<u>7:00PM - 8:00PM</u> Zumba Anita	<u>5:30pm - 6:30pm</u> Zumba Amy	
<u>7:30pm - 8:30pm</u> Zumba Anita					
<b>WATER AEROBICS</b>					
<u>8 am - 9 am</u> LOW IMPACT Ricky		<u>8 am - 9 am</u> LOW IMPACT Ricky		<u>8:30 am - 9:30 am</u> IMPACT Melissa	<u>9:30 am - 10:30 am</u> HIGH INTENSE Gail
<u>5:30pm - 6:30pm</u> LOW IMPACT Molly	<u>5:30 - 6:30 pm</u> High Intense Gail	<u>5:30 - 6:30 PM</u> LOW IMPACT Molly	<u>5:30 - 6:30 pm</u> High Intense Gail	<u>5:30 - 6:30 PM</u> LOW IMPACT Molly	

Green- Classes are good to go



South Mountain Family YMCA  
222 E Olympic Drive, Phoenix AZ. 85042  
602-276-4246

\*\* All Spin Classes require participants to reserve bikes due to attendance of class. Passes will be handed out 1/2 hour prior to class. Passes will be handed out at the desk and only one pass per member. See desk for details.

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