





















# DEER PATH YMCA GROUP FITNESS SCHEDULE

September 8th - October 26th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am	 Tracey - FS		 Tracey - FS			
8:00am	LOW IMPACT/FLEX Carol - MP	 Danielle - MP	LOW IMPACT Lynn - MP		LOW IMPACT Lynn - MP	 Sally - FS
9:15am	CARDIO GLIDING Karen - MP	HIP-HOP (9:00am) Danielle - MP	 Karen - MP	STEP IT UP Ellen - MP	 Toni - MP	YOGA Lisa P. - FS
			BOOT CAMP Beth - FS	ZUMBA TBD - FS (Start date for Zumba TBD)	PILATES/BALLET FUSION Diana - FS	
9:45am		STEP IT UP Ellen - MP				
10:00am				PILATES/FLEX Carol - FS		
10:15am	BUTTS & GUTS Ellen - FS		AB ATTACK Beth - FS	 Ellen - MP	 Jeanette/Ellen - MP	
	 Karen - MP					
10:30am		 Toni - FS				
11:00am	PILATES Jill - FS		WOMEN'S LIVING WELL Beth - FS	RESIST-A-BALL Carol - FS		
11:15am		SENIOR SHAPE- UP Ellen - MP				
11:30am	SENIOR SHAPE-UP Ellen - MP			SENIOR SHAPE-UP Ellen - MP		
12:00pm		YOGA Jill - FS	 Teri - FS		WOMEN'S LIVING WELL (11:55am) Beth - FS	
		 Ellen - MP				
12:15pm			SILVER SNEAKERS Ellen - MP	WOMEN'S LIVING WELL Beth - FS	SILVER SNEAKERS Ellen - MP	
1:00pm					 Teri - FS	
1:30pm	WOMEN'S LIVING WELL Beth - FS	WOMEN'S LIVING WELL Beth - FS				
4:15pm	 Jeanette - MP	 Jeanette - MP	 Karen - MP	 Teri - MP		
5:15pm		ZUMBA Andrea - MP				
6:00pm		 Jill - FS	KICKBOXING Beth - MP	BOOT CAMP (6:15-7:00pm) Mike - MP		
		CARDIO BLAST Lynn - MP				
7:00pm	 Sally - MP	PILATES Jill - MP	HIP-HOP/ZUMBA Sally - MP	 Jeanette - MP		
	YOGA Lisa - FS			YOGA Lisa - FS		
7:15pm			WOMEN'S LIVING WELL Beth - FS			

\* For Time/Length see descriptions on back.

Revised 9/3/08

MP = Multi Purpose Room

**\*\*More Zumba Classes Coming Soon**