









# ROUND VALLEY YMCA GROUP FITNESS SUMMER SCHEDULE

June 23rd - September 7th

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00am		 Teri - FS			 Teri - FS	
8:30am						STEP IT UP Kim - FS
9:15am		KICKBOXING Karen - FS	PILATES Georganne - FS	 Teri/Lisa - FS		
9:30am	BOOT CAMP Deb - FS				BODY SHOCK Karen - FS	BUTTS & GUTS Kim - PR
						 Teri - FS
10:15am		 Karen - FS				
10:30am	PILATES Lisa - FS		 Ellen - FS	PILATES Lisa - FS	PILATES Lisa - FS	
5:30pm	ADVANCED STEP Kim - FS	YOGA Cindy - FS	STEP IT UP Kim - FS	YOGA Sherry - FS		
	YOGA KIDS PR					
6:30pm	 Jill - FS	BALLET TONE Diana - FS	 Alternating Instructors - FS			
	AB ATTACK Kim - PR	AB ATTACK Michelle - PR	AB ATTACK Kim - PR	AB ATTACK Beth C. - PR		
6:45pm	PILATES Kim - PR	KICKBOXING Michelle - PR	PILATES/YOGA MIX Kim - PR	KICKBOXING Beth C. - PR		
7:30pm				PILATES Jill - FS		

Key: FS = Fitness Studio PR = Program Room

For Time/Length see descriptions on back.

