



Mid-Willamette Family YMCA Land Fitness Schedule Summer 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday / Sunday
5:30AM	Indoor Cycling** 5:30 am—6:15 am (coming soon)		Indoor Cycling** 5:30 am—6:15 am (Jim)		Indoor Cycling** 5:30 am—6:15 am (coming soon)	
7:30 AM	Boot Camp 7:30-8:30am (Kylar)		Boot Camp*** 7:30-8:30am (Kylar)		Boot Camp*** 7:30-8:30am (Kylar)	
7:45AM			Beginning Tai Chi 7:45-8:45am (Joe)		Beginning Tai Chi 7:45-8:45 (Joe)	
9:00AM						Intro to Cycling
9:15 AM	Senior Strength Training * 9:15– 10:25 AM (Meschelle)	Sweat and Sculpt 9;15-10:30AM (Bobbi Jo)	Senior Strength Training * 9:15– 10:25 AM (Meschelle)	Sweat and Sculpt 9;15-10:30AM (Bobbi Jo)	Senior Strength Training * 9:15– 10:25 AM (Rainy)	9:15-9:50AM (2nd Sat. of each Month)
10:30 AM						
11 AM	Senior Strength Training * 11– 12:15 PM (Meschelle)	Bones & Balance 11:00 –11:50AM (Theresa)	Senior Strength Training * 11 AM– 12:15PM (Meschelle)	Bones & Balance 11:00 –11:50AM (Theresa)	Senior Strength Training* 11 AM– 12:15PM (Rainy)	
12:00 PM	Indoor Cycling** 12:25– 12:55 PM (Theresa)		Indoor Cycling** 12:25– 12:55 PM (Travis)		Indoor Cycling** 12:25– 12:55 PM (Travis)	
4PM					Zumba 4-5 PM (Rachael)	
4:30PM	Cardio Drumming (Starts 7/12)	Women's Weight Club *	Cardio Drumming (Starts 7/12)	Women's Weight Club *		
5 PM	4:30-5:30PM (Shannon)	4:30-5:30PM (Kendra)	4:30-5:30PM (Shannon)	4:30-5:30PM (Kendra)	Intro to Dance Cardio 5-6PM (Rachael)	
5:30 PM	Cardio Kickboxing 5:30– 6:20 PM	Sizzle 5-6PM (Rachael)	Cardio Kickboxing 5:30– 6:20 PM	Sizzle 5-6PM (Rachael)		
6:00PM		Pilates Combo		Pilates Combo	Body Sculpt 6:10– 7 PM (Theresa)	
6:30 PM	Body Sculpt 6:30– 7:30 PM (Rachelle)	6:00-6:50PM Hatha Yoga 7– 8 PM (Mary)	Body Sculpt 6:30– 7:30 PM (Theresa)	6:00-6:50PM TKD-** 7-8:30PM (Hugh)		
7:30 PM	Zumba 7:40-8:40 PM (Rachael)		Zumba 7:40-8:40 PM (Rachael)			
8 PM						
9 PM	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	



Mid-Willamette Family YMCA Summer 2010 Fitness Class/Pool Schedule

- Land Fitness Class Schedule
- Water Fitness Class Schedule
- Schedule of lap and recreation swimming
- Gym schedule

Valid from June 20th through Sept 4th, 2010

Revised 6/14/10

(Minor schedule modifications may occur. Updated schedules will be printed in the event of a change)

Included in this booklet are the free land and water fitness classes, lap swim and open swim times, gym hours, and other information about pool, fitness, and gym schedules. Most of these classes are free with a membership. Almost all classes are “drop-in” meaning there is no registration required and you are welcome to come anytime. If you have questions, please ask at the front desk.



YMCA

We build strong kids,
strong families, strong communities.

- * These classes are held in the Weight Room. All other classes are held in Health Enhancement Center.
- ** Register for these classes at the front desk. These classes may have a registration fee.
- *** On Wed and Fri, Boot Camp is held in Racquetball court 4.

