

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Fitness @ Keene Family YMCA



Group Exercise Schedule

July 2008

Schedule subject to change without notice

Member Benefits

30 Complimentary Classes per week!

MONDAY

9:00 am	*	Pilates	45min/Sky	Kathy
10:15 am	*	SilverSneakers®	60 min/Sky	Kathy
12:00 pm	*	Int. Challenge	60 min/Gymnastics	Beth
1:00 pm		<i>Gentle Yoga</i>	60 min/Gymnastics	Laura
5:30 pm		Super Step	60 min/Gymnastics	Barb
6:30 pm		Zumba	60 min/Gymnastics	Michelle
6:30 pm	\$	<i>H2O Fitness</i>	<i>60 min/Pool</i>	<i>Mandy</i>

TUESDAY

6:00 am		SPORT YOGA	55 min/Sky	Kelly
9:00 am	*	Pilates	60 min/Sky	Robin
9:00 am	*	Cardio Kickboxing	60 min/Gymnastics	Bridget
10:00 am	*\$	<i>Aquacise</i>	<i>60 min/Pool</i>	<i>Ron</i>
11:00 am	*	Qi Gong	60 min/Program Ctr	Ginnette
12:00 pm	*	Boot Camp	60 min/Gymnastics	Bridget
1:00 pm		Age in Motion	60 min/Gymnastics	Robin
5:30 pm		50/50	60 min/Gymnastics	Justina

WEDNESDAY

9:00 am	*	Muscle Tone	45min/Sky	Michelle
12:00 pm		Int. Challenge	60 min/Gymnastics	Beth
5:30 pm		Super Step	60 min/Gymnastics	Barb
6:30 pm	\$	<i>H2O Fitness</i>	<i>60 min/Pool</i>	<i>Mandy</i>

Please note schedule changes for this month. Some classes have been canceled due to insufficient attendance. Look for these classes again in the Fall!

Class Key

- * Childwatch Available
- \$ Program fee available for nonmembers.
- Registration is required

SUMMER CHILDWATCH

Keene Family YMCA offers quality babysitting services for children 4 months to 5 years, while parents are utilizing our facility. There is a two hour maximum stay per visit.

Monday thru Friday 8:45am -1:15 pm

Evening and Saturday morning childwatch will be back in the Fall.

THURSDAY

6:00 am		SPORT YOGA	55 min/Sky	Kelly
9:00 am	*	Tae Kwon-do-robics	60 min/Gymnastics	Michelle
10:15am		SilverSneakers®	60 min/Sky	Kathy
10:00 am	*\$	<i>Aquacise</i>	<i>60 min/Pool</i>	<i>Ron</i>
12:00 pm	*	Pilates	60 min/Gymnastics	Robin
1:00 pm		Age in Motion	60 min/Gymnastics	Robin
5:30 pm		Boot Camp	60 min/Gymnastics	Justina

FRIDAY

9:00 am	*	Zumba	60 min/Gymnastics	Michelle
10:00 am	*	Pilates	60 min/Sky	Kathy
12:00 pm	*	Int. Challenge	60 min/Gymnastics	Beth
5:30 pm		Super Step	60 min/Gymnastics	Barb

SATURDAY

Saturday morning and cycling classes will be back in the Fall!

Tae Kwon Do-Robics Is Back!

Thursday mornings at 9:00am.
No hard to follow choreography!
Just great cardio with a martial arts twist.
Get ready to work up a sweat in this intense class for all fitness levels!

