


# FITNESS SCHEDULE

Classes in boxes with **BOLD** print require registration and fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Energize Step-Diane M. 6:00a.m.-7:00a.m.	Powersculpt-Marylou M. 6:00a.m.-7:00a.m.	Energize Step-Diane M. 6:00a.m.-7:00a.m.	Powersculpt-Marylou M. 6:00a.m.-7:00a.m.	Yogalates - Kim W. 6:00a.m.-7:00a.m.	Energize Step-Diane M. 7:30a.m.-8:30a.m.
<b>Ultimate Boot Camp - Marylou</b> 7:00a.m.-8:00a.m.				<b>Ultimate Boot Camp - Marylou</b> 7:00a.m.-8:00a.m.	
Low Impact Aerobics-Mary L. 8:00a.m.-9:00a.m.	Pilates - Kim W. 8:00a.m.-9:00a.m.	Low Impact Aerobics-Tammy S. 8:00a.m.-9:00a.m.	Pilates-Kim W. 8:00a.m.-9:00a.m.	Low Impact Aerobics-Mary L. 8:00a.m.-9:00a.m.	
Cardio Kickboxing -Marylou M. 9:30a.m.-10:30a.m.	Powersculpt-Marylou M. 9:00am-10:00am	Cardio Kickboxing -Marylou M. 9:30a.m.-10:30a.m.	Powersculpt-Marylou M. 9:00a.m-10:00a.m	Cardio Kickboxing-Marylou M. 9:30a.m.-10:30a.m.	
	Yoga Flow - Sheri B. 10:15a.m.-11:15a.m.		YOGA - Stephanie 10:15a.m.-11:15a.m.		<b>Youth Karate-Dan K.</b> 10:00a.m.-11:00a.m.
<b>FOREVER FIT</b> 10:30a.m.-11:30a.m.	<b>FOREVER FIT</b> 10:30a.m.-11:30a.m.	<b>FOREVER FIT</b> 10:30a.m.-11:30a.m.	<b>FOREVER FIT</b> 10:30a.m.-11:30a.m.		<b>Youth Karate-Dan K.</b> 11:00a.m.-12:00p.m.
		<b>Pre Sports Conditioning</b> 10:45a.m.-11:45a.m.		<b>Pre Sports Conditioning</b> 10:45a.m.-11:45a.m.	<b>Adult Karate - Dan K.</b> 12:00p.m.-1:00p.m.
		Pound Plunge - Cardio Kung Fu 5:45pm - 6:30 pm			
	<b>Youth Karate-Dan K.</b> 6:15p.m-7:00p.m	Pound Plunge - Yogalates 6:45 pm - 7:30 pm			
	<b>Youth Karate-Dan K.</b> 7:00p.m.-7:45p.m.	<b>Tai Chi - John M.</b> 7:30p.m. - 8:45 p.m.	Aikido-Larry M. 7:30p.m.-8:30p.m.		
<b>Hatha Yoga - Paul H.</b> 7:30p.m. - 8:30p.m.	<b>Adult Karate-Dan K.</b> 7:45p.m.-8:45p.m.				
					 <p>Visit our website at <a href="http://www.ymcacapecod.org">www.ymcacapecod.org</a></p>

UPDATED JUNE 15, 2009



*Class suggestion or  
time request - please  
give us your input!*