



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# HEALTHY LIVING: APRIL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Fitness Schedule</b>	6:00-7:00a Energize Step Diane	5:45 – 6:30a Keep Fit Calisthenics David	6:00-7:00a Energize Step Diane	5:45-6:45a Power Hour Mary	6:00-7:00a Energize Step Diane		
Schedule begins Monday, April 2, 2018	7:00-8:00a 20-10 Keith	7:00-8:00a Pilates Louise	7:00-8:00a Mindful Meditation Alicia	7:00-8:00a Pilates Louise	7:00-8:00a Yoga Barbara	7:30-8:30a Energize Step Diane	
Child Watch Hours: Monday 9-12, 4-7:30p Tuesday 9-12, 4-7:30 Wednesday 9-12, 4-7:30 Thursday 9-12, 4-7:30 Friday 9-12, 4-7:30 Saturday 9-12 noon Sunday - closed	8:00-9:00a Body Sculpt Andy <b>*in Exergame</b>	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy S	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily <b>*in Exergame</b>	
<b>* Classes held upstairs in Exergame Room</b>	8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank <b>*in Exergame</b>	8:15-9:15a Tai Chi for Balance- Louise <b>*in Exergame</b> <b>*Signup Required</b>	8:00-9:00a Fit for Life Frank <b>*in Exergame</b>	8:15-9:15a Tai Chi for Balance- Louise <b>*in Exergame</b> <b>*Signup Required</b>	8:45-9:45a Hardcore Justin	
<b>*Signup Required - See Front Desk</b>	9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica A	9:15-10:15a Power Hour Charlene	9:20-10:20a Nia Sculpt Jessica A	10:00-10:45a Fit Kids Carolyn <b>*in Exergame</b>	
	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	9:15-10:15a Live Life Yoga Kay O <b>*in Exergame</b>	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	9:15-10:15a Live Life Yoga Kay O <b>*in Exergame</b>	9:30-10:30a Enhance Fitness Frank <b>*in Exergame</b> <b>*Signup Required</b>	11:30-12:15p Move4Life Kids David <b>*in Exergame</b>	
	10:45-11:45 Livestrong Alumni -Deb <b>*in Exergame</b>	10:30-11:30 Half and Half Marcia	10:45-11:45 Livestrong Alumni -Deb <b>*in Exergame</b>	10:30-11:30a Kripalu Hatha Yoga Gordon	10:30-11:30 Body Sculpt Marcia	12:15-1:15p Zumba Christy	
	10:45-11:45 Zumba Sona		10:45-11:45 Zumba Sona			1:45-2:45p Yoga Julie	
	11:45-12:45 Vitality Stretch Mazie			1:45-2:30p Yoqua Kay <b>*In Small Pool</b>		1:45-2:30p Aqua Zumba Carolyn	
		4:30-5:30p Restorative Yoga Julie	1:00-2:00p Fitness Chair Denise G <b>*in Exergame</b>	4:30-5:30p Zumba Christy			
	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris <b>*in Exergame</b>	4:15-5:15p Restorative Yoga Kay	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
	5:30-6:20p Fit Bootcamp Aynaz	6:15-7:15p Tai Chi Roberta	5:30-6:30p Cize Live Sona	6:30-7:30p Hatha Yoga Mazie			
	6:30-7:30p Yoga Flow Sheri		6:30-7:30p Zumba Toning Carolyn	6:30-8:30p Aikido Larry M. <b>*in Exergame</b>			

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