FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

HEALTHY LIVING: AUGUST

Group Fitness Schedule SUMMER 2018

Schedule begins Wednesday, August 1, 2018

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

*** Classes held upstairs in Exergame Room**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00-7:00a Energize Step Diane	6:00 – 6:45a Keep Fit Simple Calisthenics David	6:00-7:00a Energize Step Diane	6:00 – 6:45a Keep Fit Simple Calisthenics David	6:00-7:00a Energize Step Diane		
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	
8:00-9:00a Body Sculpt Andy ***in Exergame**	8:00-9:00a Pilates Barbara	8:15-9:15a Low Impact Tammy	8:00-9:00a Pilates Barbara	8:10-9:10a Low Impact Esther	8:00-9:00a Zumba Emily ***in Exergame**	
8:15-9:10a Zumba Barbara	8:00-9:00a Fit for Life Frank ***in Exergame**	8:15-9:15a Tai Chi for Balance- Louise ***in Exergame**	8:00-9:00a Fit for Life Frank ***in Exergame**	8:15-9:15a Tai Chi for Balance- Louise ***in Exergame**	8:45-9:45a Hardcore Justin	
9:15-10:15a Power Hour Barbara	9:15-10:15a Zumba Esther	9:30-10:30a Classic Nia Jessica	9:15-10:15a Power Hour Charlene	9:20-10:25a Nia Sculpt Jessica	10:00-10:45a Fit Kids Carolyn ***in Exergame**	
9:30-10:30a Enhance Fitness Frank ***in Exergame** ***Signup Required**	9:15-10:15a Live Life Yoga Kay ***in Exergame**	9:30-10:30a Enhance Fitness Frank ***in Exergame** ***Signup Required**	9:15-10:15a Live Life Yoga Kay ***in Exergame**	9:30-10:30a Enhance Fitness Frank ***in Exergame** ***Signup Required**	11:30-12:15p Move4Life Kids David ***in Exergame**	
10:45-11:45 Livestrong Alumni -Deb ***in Exergame**	10:30-11:30 Half and Half Marcia	10:45-11:45 Livestrong Alumni -Deb ***in Exergame**	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	11:45-12:45 Vitality Stretch Amy			1:45-2:45p Yoga Nikki
11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy	1:45-2:30p Yoqua Kay ***In Small Pool**			1:45-2:30p Aqua Zumba Carolyn
	4:30-5:30p Energetic Yoga Dessie	1:00-2:00p Fitness Chair Denise G ***in Exergame**	4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris		
4:30-5:30p Zumba Christy	5:00-6:00p Body Sculpt Chris ***in Exergame**	4:15-5:15p Yoga Nikki	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
		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 ***in Exergame**			

YMCA CAPE COD
2245 Iyannough Road, West Barnstable MA 02668
P 508 362 6500 www.ymcacapecod.org