



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# HEALTHY LIVING MARCH

Group Fitness Schedule Spring 2017	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Schedule begins Wednesday, March 1, 2017 and is subject to change	6:00-7:00a Energize Step Diane		6:00-7:00a Energize Step Diane		6:00-7:00a 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	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 Vinyasa Yoga Sally	7:30-8:30a Energize Step Diane	
	8:00-9:00a Body Sculpt Andy**	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	
	8:15-9:10a Zumba Gold Barbara	8:00-9:00a Fit for Life Frank**		8:00-9:00a Fit for Life Frank**		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 A	9:15-10:15a Power Hour Charlene	9:20-10:20a Nia Sculpt Jessica A		
	10:45-11:45 Livestrong Alumni -Deb*	9:15-10:15a Live Life Yoga Kay O.**	10:45-11:45 Livestrong Alumni -Deb*	9:15-10:15a Live Life Yoga Kay O.**			
	10:45-11:45 Zumba Sona	10:30-11:30 Half and Half Marcia	10:45-11:45 Zumba Sona	10:30-11:30 Kind Yoga Dessie	10:30-11:45a Yoga Flow Sally		12:15-1:15p Zumba Christy
	11:45-12:45 Vitality Stretch Amy		11:45-12:45 Vitality Stretch Amy				1:45-2:45p Yoga Dawn S.
			1:00-2:00p Fitness Chair Denise G.**	3:00-4:00 Advanced Vital Stretch			1:45-2:30p Aqua Zumba Carolyn
	4:30-5:30p Zumba Christy	4:15p-5:15p Restorative Yoga-Sally	4:15-5:15p Restorative Yoga-Sally	4:30-5:30p Zumba Christy	5:30-6:00p Insanity Aynaz		
	5:30-6:30p Just Core Carolyn		5:30-6:30p Cize Live Sona	5:30-6:30p Bootcamp Justin	6:00-7:00p Yin Yoga Julie		
	6:30-7:30p Yoga Dawn S.	6:15-7:15p Tai Chi Roberta**	6:30-7:30p Zumba Toning Carolyn	6:30-7:30p Yoga Julie			
			6:15-7:15p Yoga Sculpt Sheri**	7:30-8:30p Aikido Larry M.			

**YMCA CAPE COD**

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



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