



Summer Updates and Reminders for Adult Gr Exercise Classes for August/2008



**The Main Studio (upstairs) will be CLOSED Sunday,
August 10 – Saturday, August 16, 2008**

**The Ferris Studio and Building will be CLOSED Sunday,
August 17 – Monday, September 1, 2008**

**FOUR CLASSES ADDED DURING THE AUGUST SHUT DOWN WEEKS FOR
YOUR CONVENIENCE – Please attend anytime!**

***Tues., Aug. 19 – 11 – 12 Noon - 'BODY SCULPTING MIX' – Main
Studio (upstairs) - Jenny**

***Thurs., Aug. 21 – 11 – 12 Noon - 'BODY SCULPTING MIX' – Main
Studio (upstairs) - Jenny**

***Tues., Aug. 26 – 11 – 12 Noon - 'BODY SCULPTING MIX' – Main
Studio (upstairs) - Jenny**

***Thurs., Aug. 28 – 11 – 12 Noon - 'BODY SCULPTING MIX' – Main
Studio (upstairs) – Jenny**

***ALL CYCLING CLASSES CONTINUE WITHOUT INTERRUPTION
for all of July and August**

***NORMAL CLASS SCHEDULE prevails in each studio for all
other weeks in August.**

***July classes in all 3 studios continue with the regular posted
schedule.**



BLUE ASH YMCA

Fitness Schedule

July-August 2008



| Main Building Fitness Studio Schedule | | | | | |
|---|--|---|---|---|--------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| | | | | | |
| 9:15-10:30 Step/ Str Karen | 9:30-10:45 ***Yoga Leahn | 9:15-10:30 Step/ Strength Diane | 9:30-10:45 ***Yoga Leahn | 9:15-10:30 Step/Strength Patty | 8:30-9:45 ***Yogalates Jessica |
| 10:45 -12 ***Yoga Jayne | | 10:45 -12 ***Yoga Jayne | | | |
| | | | | <u>NO classes in Main Studio Aug 11-16 Maintenance</u> | |
| SEE Separate flyer for a full Group Cycling Schedule | ***Yoga, Yogalates, Pilates and Bar Classes Are Memb Only | **For the AM classes, call to reserve bar beg. 8:15pm evening prior. | **For the PM classes, call to reserve bar beg. 1 hr before the class starts. | *Main Studio Classes Offered Aug 18 – Aug 30 | |
| | | | | <i>See posted flier for 4 classes added in Main 8-18-8/29</i> | |
| 7:15-8:30 ***Yoga Betsy | | 7:30 – 8:45 ***Yoga Katy | 7:00-8:15 ***Yoga Paul | | |
| | | | | | |

| Ferris Fitness Studio Schedule | | | | | |
|--|--|--|--|---|--|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
| 8:40-9:40 “Cardio Pilates Mix” Dianna | ** 8:35-9:15 Bar Strength Nancy | 8:40-9:40 Card Str / Tone Dianna | ** 8:35-9:15 Bar Strength Nancy | 8:40-9:40 Car Str/Tone Jackie | ** 7:15-8:30 Cardio Bar Erica/Pat |
| 9:50-10:50 Dance AX Barb | 9:30-10:15 Step Diane | 9:50-10:50 Dance AX Barb | 9:30-10:15 Step Diane | 9:50-10:50 ***Zumba/ Tone Barb | 8:45-10:00 Step/Str Instr Rotate |
| 10:55-11:40 Body Sculpting Karen | 10:15-10:45 Strength Training Diane | 10:55-11:40 Body Sculpting Trina | 10:15-10:45 Strength Training Diane | 10:55-11:40 Body Sculpting Erica | 10:15-11:15 Dance AX Judy |
| 11:50-12:40 Silver Sneakers I Melissa | 11:00-12:00 Pilates Josie | 11:50-12:40 Silver Sneakers I Trina | 11:00-12:00 Pilates Leahn | 11:50-12:40 SS I Erica | |
| 12:45-1:35 Silver Sneakers II Melissa | | 12:45-1:35 Silver Sneakers II Trina | | <u>NO classes in Ferris Aug. 17 – Sept 1</u> | |
| | ** 5:25-6:40 Cardio Bar Pat | | | | |
| 5:40-6:40 ***Pilates Leahn | 6:50-7:50 Dance AX Judy | 5:30-6:30 ***Pilates Heidi | 6:50-7:50 Dance AX Judy | 5:45 – 6:45 ***Zumba Trina | |
| 6:50-8:05 Step/Strength Trina | 8:00-8:45 ***Zumba Trina | 6:35-7:20 ***Zumba Katy | | | |

We build strong kids, strong families, strong communities