



BLUE ASH YMCA

Fitness Schedule

September - October 2008



Main Building Fitness Studio Schedule					
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:30 Step/ Str Jenny	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 Jessica		10:45 -12 ***Yoga Jessica			
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.		
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 Karen	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 Karen		12:45-1:35 Silver Sneakers II Trina			
	Kids Program 6:00 – 7:00 FunToBe Fit Amanda	5:30-6:30 ***Pilates Heidi	Kids Program 6:00 – 7:00 FunToBe Fit Amanda		
5:40-6:40 ***Pilates Leahn	7:05 – 8:05 Dance AX Judy	6:35-7:20 ***Zumba Katy	7:05 – 8:05 Dance AX Judy	5:45 – 6:45 ***Zumba Trina	
6:50-8:05 Step/Strength Trina	8:00-8:45 ***Zumba Trina	** 7:30 – 8:45 Cardio Bar Pat			

We build strong kids, strong families, strong communities