

# Clippard Family YMCA Group Fitness Schedule

## January 2 through February 28, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM	PILATES		PILATES				
6:00 AM	Karen Y.		Karen Y.				
6:15 AM	5:45-6:45		5:45-6:45				
6:30 AM							
6:45 AM							
8:15 AM							
8:30 AM	CARDIO		CARDIO		CARDIO	STEP&SCULPT	
9:00 AM	Connie 8:30-9:15	STRENGTH	Connie 8:30-9:15	STRENGTH	Connie 8:30-9:15	Stacey	
9:15 AM	STRENGTH	Karen E. 8:45-9:30	STRENGTH	Debbie 8:45-9:30	STRENGTH	8:30-9:30	
9:30 AM	Connie 9:15-9:45	CARDIO COMBO	Tammy 9:15-9:45	CARDIO COMBO	Connie 9:15-9:45	PILATES	
9:45 AM	STEP	Karen E.	STEP	Debbie	STEP	Beth	
10:00 AM	Tammy	9:30-10:30	Tammy	9:30-10:30	Tammy	9:30-10:30	
10:15 AM	9:45 - 10:30		9:45 - 10:30		9:45-10:30		
10:30 AM	CORE&BALL	SILVER SNEAKERS	PILATES	SILVER SNEAKERS	PILATES	KICKBOXING	
11:00 AM	Tammy 10:30-11:00	CARDIO CIRCUIT	Tammy 10:30-11:30	CARDIO CIRCUIT	Tammy 10:30-11:30	Karen E.	
11:30 AM	STEP 101 11-11:30	Nora 10:30-11:30		Nora 10:30-11:30		10:30-11:30	
12:00 PM		SILVER SNEAKERS		SILVER SNEAKERS		ZUMBA	
12:30 PM		MSROM		MSROM		Christian	
1:00 PM		Nora 11:30-12:30		Nora 11:30-12:30		11:30-12:30	
1:30 PM							
4:30 PM							
5:00 PM							
5:30 PM	KICKBOXING		KICKBOXING				
5:45 PM	Jean		Jean				
6:00 PM	5:30-6:15		5:30-6:15pm				
6:15 PM	PILATES	STEP	PILATES	STEP			
6:30 PM	Karen H.	Stacey	Beth	Sue S.			
6:45 PM	6:15-7:15	6:15-7:00	6:15-7:15	6:15-7:00			
7:00 PM		STRENGTH		STRENGTH			
7:15 PM	YOGA	Stacey 7:00-7:30	YOGA	Sue S. 7:00-7:30			
7:30 PM	Melissa	ZUMBA	Cathy	ZUMBA			
8:00 PM	7:15-8:15	Trina	7:15-8:15	Trina			
8:15 PM		7:30-8:25		7:30-8:25			
8:30 PM							



**ALL CLASSES  
FREE TO  
MEMBERS.**  
*Schedule subject to  
change.*