

Y GROUP EXERCISE™

We build strong kids, strong families, strong communities.

Gamble-Nippert Group Exercise Schedule

Summer I, 2008

June 2 - July 12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:50 Step & Strength Kathy 10:20 Gentle Motion Zmara 11:45 Gentle Yoga Helen 5:45p Pilates Linda W 7p Cardio/Ball Zmara 8:05 Muscle Pump Carol	*9a SilverSneakers Linda H 10am Muscle Pump Christy 11:30 Pilates, Linda 5:30p Kickboxing Mary 6:30 Muscle Pump Peggy 7:35 Yoga, Helen	8:50 Step & Strength Kathy 10:20 Gentle Motion Zmara 5:45p Pilates Linda 7p Cardio/Ball Zmara 8:05 Muscle Pump Carol	*9a Cardio Circuit II SilverSneakers Linda W 10am Muscle Pump Christy 11:30 Pilates, Linda 5:30p Kick Fusion Mary 6:30 Muscle Pump Peggy 7:35 Zumba Kim	*9:30a SilverSneakers Muscular Strength Zmara 10:30 Stability Ball Zmara 11:45 Fitness Yoga Anele	*8:45 Step Aerobics 9:35 Muscle Pump 10:30 Stability Ball Instructors rotate *=45min classes
<u>WATER EXERCISE</u> *8:15 Stretch *9a SilverSplash *9:45 Aquacise *10:45 Taste of Aquatic Fitness	<u>WATER EXERCISE</u> *9a Cardio Run	<u>WATER EXERCISE</u> *8:15 Stretch *9a SilverSplash *9:45 Aquacise *10:45 Taste of Aquatic Fitness *=45min classes	<u>WATER EXERCISE</u> *9a Cardio Run	<u>WATER EXERCISE</u> *8:15 Stretch *9a SilverSplash *9:45 Aquacise *10:45 Taste of Aquatic Fitness	