

Spring 2008 (April 13 - May 31)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 6:55 AM Physical Fitness Studio - Paul & Lenny	6:15 - 6:45 AM Stretching Studio - JoAnn	6:00 - 6:55 AM Physical Fitness Studio - Paul & Lenny	6:15 - 6:45 AM Stretching Studio - JoAnn	6:00 - 6:55 AM Physical Fitness Studio - Paul & Lenny	
9:30 - 10:25 AM ZUMBA Gym - Jody	9:30 - 10:25 AM Cardio Kickboxing Studio - Rose	9:30 - 10:25 AM ZUMBA Gym - Jody	9:30 - 10:25 AM Cardio Kickboxing Studio - Rose		9:00 - 9:55 AM Cardio Kickboxing Studio - Shelly
9:30 - 10:25 AM Pump & Jump Studio - Lynn	9:30 - 10:15 AM Body Sculpting Gym - Lynn	9:30 - 10:25 AM Pump & Jump Studio - Lynn	9:30 - 10:15 AM Body Sculpting Gym - Lynn	9:30 - 10:25 AM Pump & Jump Gym - Lynn	10:00 - 11:15 AM Step Aerobics Studio - Mary Ann
10:30 - 11:25 AM Pilates Studio - Shari	10:30 - 11:25 AM Yoga Studio - Amy	10:30 - 11:25 AM Pilates Studio - Shari	10:30 - 11:25 AM Yoga Studio - Amy	10:30 - 11:25 AM Pilates Studio - Shari	
11:45 - 12:30 PM SilverSneakers Yoga Studio - Marsha	11:45 - 12:30 PM SilverSneakers Studio - Ramsey	11:45 - 12:30 PM SilverSneakers Cardio Studio	11:45 - 12:30 PM SilverSneakers Studio - Ramsey	11:45 - 12:30 PM SilverSneakers Cardio Studio - Lisa	
		5:30 - 5:55 PM ZUMBA Studio - Jody			
6:00 - 6:55 PM Step Aerobics Studio - Mary Ann	6:00 - 6:55 PM Cardio Kickboxing Studio - Joyce	6:00 - 6:55 PM Step Aerobics Studio - Mary Ann	6:00 - 6:55 PM Cardio Kickboxing Studio - Joyce		
7:00 - 7:55 PM Weighted Workout Studio - Mary Ann	7:00 - 7:55 PM Yoga Studio - Erica	7:00 - 7:55 PM Weighted Workout Studio - Mary Ann	7:00 - 7:55 PM Yoga Studio - Mary		
8:00 - 8:55 PM Pilates Studio - Kathie		8:00 - 8:55 PM Pilates Studio - Shannon			
CARING	HONESTY	M.E. LYONS YMCA	RESPECT	AND	RESPONSIBILITY

We Build Strong Kids, Strong Families, and Strong Communities