



Saugus Family YMCA
A Branch of the
Greater Lynn YMCA

Wellness Class & Open Gym Schedule

Effective March 24th 2008

We build strong kids, strong families, strong communities

SPRING 2008 Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:15 – 9:15am GROUP CYCLING (spinning) w/ Nicole	9:00 – 9:45am INTERVAL TRAINING w/ Natalie	9:00 – 10:00am MUSCLE CONDITIONING w/ Terri	10:00 – 11:00am AOA LAND w/ Ann *Additional Fee	9:15 – 10:00am MUSCLE CONDITIONING w/ Natalie	9:00 – 9:45am INTERVAL TRAINING w/Natalie	7:45 – 8:30am GROUP CYCLING (spinning) w/ Diane
9:15-10:15am KICKBOXING w/ Maria	10:00 – 11:00am AOA LAND w/ Ann *Additional Fee	5:45 – 6:45pm LOW-IMPACT AEROBICS w/ Maryjane	5:45 – 6:45pm LOW-IMPACT AEROBICS w/ Maryjane (In the Gym)	5:00 – 6:00pm YOGA w/ Paul	10:00 – 11:00am AOA LAND w/ Ann *Additional Fee	8:30 – 9:15am MUSCLE CONDITIONING w/ Diane
1:00 – 2:00pm SELF DEFENSE w/ Ron *Additional Fee	5:45 – 6:45pm LOW-IMPACT AEROBICS w/ Maryjane	6:45 – 7:30pm GROUP CYCLING (spinning) w/ Diane	5:15 – 6:15pm YOUTH KARATE w/ Jason Scaduto Additional FEE	6:15 – 7:15pm LOW-IMPACT AEROBICS w/ Maryjane	5:45 – 6:30pm HI/LOW AEROBICS w/ Joanne	9:30 – 10:30am FAMILY YOGA w/ Paul
	6:45 – 7:45pm MUSCLE CONDITIONING w/ Diane	7:30 – 8:15pm BUTTS/GUTS/STRETCH w/ Natalie	6:45 – 7:30pm CARDIO CONDITIONING w/ Diane	7:15 – 8:15pm KICKBOXING w/ Maria	6:30 – 7:30pm MUSCLE CONDITIONING w/ Natalie	
	7:45 – 9:00pm YOGA w/ Paul		7:30 – 8:15pm BUTTS, GUTS & STRETCH w/ Diane			

All classes subject to change due to enrollment statistics

GROUP CYCLING (Spinning) - An intense cardio and lower body workout. Great for building cardio endurance and lower body strength.

YOGA - A great class for body and mind. Relieve stress and lower Cortizol levels through classic Yoga moves and meditation.

HIGH/LOW AEROBICS - A great cardio class combining high and low impact Aerobics designed for beginners through advanced level of abilities.

MUSCLE CONDITIONING - A great overall body conditioning class, working every major muscle group.

BUTTS/GUTS/STRETCH - The title says it all !!!! A great class working those major muscle areas and wrapping it up with toning and elongating those muscles.

KICKBOXING - An intense cardio and overall body strengthening class.

INTERVAL TRAINING - A high speed and intense workout followed by periods of rest or low activity. A very effective cardiovascular work out.

AOA LAND - (Active Older Adults Land) A fun, energetic way for you active older adults to get in shape and/or stay in shape. A great workout that promotes healthy living and exercise for today's active older adult.

LOW-IMPACT AEROBICS - A great low-impact cardio class, combining aerobics and light weights.