



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Fitness Schedule

Saugus Family YMCA

Effective April 16th Spring 2012

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------------------------------------|----------------------------------------------------------------------------|--------------------------------------------------------------------------|---------------------------------------------------------------|---------------------------------------------------------------------------|--------------------------------------------------------------|-----------------------------------------------|
| <u>9:00-9:55am</u> Yoga <i>Michelle</i> | <u>9:00-9:55am</u> Boxing Combo <i>Diana</i> | <u>9:00-9:55am</u> <i>Zumba</i> <i>Mandi</i> | <u>9:00-9:55am</u> Boot camp Circuit <i>Diana</i> | <u>9:00-9:55am</u> Muscle Conditioning <i>Tara</i> | <u>8:30-9:30am</u> Muscle Conditioning <i>Diane</i> | <u>9:30-10:30am</u> Zumba <i>Cheryl</i> |
| <u>10:00-11:00</u> Senior Fitness <i>Ann</i> | <u>10:00-10:30</u> Express Spin <i>Diana</i> <i>Limit 8 bikes</i> | <u>10:00-11:00</u> Senior Fitness <i>Ann</i> | | <u>10:00-11:00</u> Senior Fitness <i>Ann</i> | <u>9:30-10:30am</u> Yoga <i>Paul</i> | |
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| <u>5:30-6:25pm</u> Low Impact Aerobics <i>Maryjane</i> | <u>6:00-6:55pm</u> Zumba <i>Heather</i> | <u>5:45-6:45pm</u> Low Impact Aerobics (ASR) <i>Maryjane</i> | <u>5:45-6:45pm</u> Yoga (ASR) <i>Paul</i> | <u>6:00-7:00pm</u> Zumbatomic (ages 8-12) (ASR) <i>Dianne</i> | | |
| <u>6:30-7:30pm</u> Barbell Pump <i>Diana</i> | <u>7:00-8:00pm</u> Muscle & Pilates <i>Diane</i> | <u>7:00-8:00pm</u> Yoga <i>Michelle</i> | <u>6:00-7:00pm</u> Muscle Conditioning <i>Joanne</i> | <u>6:00-7:00pm</u> Zumba <i>Jim</i> | | |
| <u>7:45-8:45pm</u> Yoga <i>Paul</i> | | | <u>7:00-8:00pm</u> Latin Heat <i>Miguel</i> | | | |

*ASR-after school room

ALL CLASSES SUBJECT TO CHANGE

To join our Group Exercise E-mail list please contact Diana Herbert at dherbert@saugusymca.org