

Lattof YMCA

Winter Group Fitness Classes (Land & Water) Effective January 4th, 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30 - 6:30 am Total Body Challenge Susan G. Aerobics Room	5:30 - 6:15 am Boot camp Kevin Aerobics Room	5:30 - 6:15 am Boot Camp Kevin Aerobics Room	5:30 - 6:15 am Boot camp Kevin Aerobics Room	5:30 - 6:30 am Total Body Challenge Patti Aerobics Room	7:00 - 8:00 am Power Cycling Cyndie Cycling Room
8:00 - 9:00 am Nice & Easy Susie North Gym	5:30 - 6:30 am Power Cycling Margaret Cycling Room	8:00 - 9:00 am Nice & Easy Katrina North Gym	5:30 - 6:30 am Power Cycling Margaret Cycling Room	8:00 - 9:00 am Nice & Easy Susie North Gym	8:00 - 9:00 am Total Body Challenge Susan G. Aerobics Room
8:15 - 9:15 am Sunrise Splash Heather Bruning Pool	9:00-10:00 am SilverSneakers® Susie North Gym	8:15 - 9:15 am Wet N' Wild Stephanie Bruning Pool	8:00 - 9:00 am Total Body Challenge Susan G Aerobics Room	8:15 - 9:15 am Sunrise Splash Heather Bruning Pool	8:30-9:15am Family Martial Arts James
9:00 - 10:00 am Power Cycling Jodie Cycling Room	9:00 - 10:00 am In too Deep Tyson Bruning Pool	9:00 - 10:00 am Power Cycling Julie Cycling Room	9:00-10:00 am SilverSneakers® Susie North Gym	9:00 - 10:00 am Easy Does It Susie North Gym	
9:00 - 10:00 am Easy Does It Susie North Gym	9:15-10:15am Women On Weights Susan G Aerobics Room	9:00 - 10:00 am Easy Does It Susie North Gym	9:00-10:00 am Wet N' Wild Tyson Bruning Pool	9:00-10:00am Power Cycling Libby Cycling Room	
9:20 - 10:20 am AOA Erin Bruning Pool	9:30-10:30am Power Cycling Nicole Cycling Room	9:20 - 10:20 am AOA Katrina Bruning Pool	9:15-10:15am *Pilates Level 2 Susan G Aerobics Room	9:20 - 10:20 am AOA Heather Bruning Pool	
10:15 - 11:15 am Power Sculpt Tom Aerobics Room	10:15-11:00am Silver Sneakers Yoga Stretch Susie North Gym	10:15 - 11:15 am Power Sculpt Julie Aerobics Room	9:30-10:30am Power Cycling Nicole Cycling Room	9:30 - 10:30 am Total Body Challenge Tom Aerobics Room	
10:20 - 11:20 am SilverSplash® Susie Bruning Pool	10:30 - 11:30 am Gentle Yoga Cheryl Aerobics Room	10:20 - 11:20 am SilverSplash® Susie Busse Pool	10:15-11:00am Silver Sneakers Yoga Stretch Susie North Gym	10:20-11:20am Silver Sneakers Susie Bruning Pool	Sunday
12:15 - 1:00 pm Fun Seekers Don North Gym	10:30 - 12:00 pm Multiple Sclerosis Patti Bruning Pool	12:15 - 1:00 pm Fun Seekers Don North Gym	10:30 - 11:30 am Gentle Yoga Cheryl Aerobics Room	12:15 - 1:00 pm Fun Seekers Don North Gym	10:15 - 11:15 am Power Cycling Nicole/Matt Cycling Room
5:00 - 6:00 pm *Pilates level 1 Susan G Aerobics Room	12:00-1:00pm Arthritis Katrina Busse Pool	6:00 - 7:00 pm Total Body Challenge Tom Aerobics Room	12:00-1:00pm Arthritis Laverne Busse Pool	6:00 - 7:00 pm Hatha Yoga John Aerobics Room	
6:00 - 7:00 pm *Int/Adv Pilates Susan G. Preschool Room	6:00-7:00pm Turbo Kick Aura Aerobics Room	7:00 - 8:00 pm Complete Cardio Elizabeth J./Erin Bruning Pool	6:00-7:00pm Zumba Alicia Aerobics Room	6:00-7:00pm Complete Cardio Kathy Bruning Pool	
6:00 - 7:00 pm Ultimate Step Kris Aerobics Room	6:30-7:30pm Power Cycling Matt Cycling Room	7:00 - 8:00 pm Hatha Yoga John Aerobics Room	6:30 - 7:30 pm Power Cycling Libby Cycling Room		
7:00 - 8:00 pm Tighten & Tone Karen Aerobics Room			7:15 - 8:45 pm *Self Defense George Aerobics Room		
7:00 - 8:00 pm Complete Cardio Maureen Bruning Pool					
	*Registration and/or fee required	Ages 14 and over are welcome	Schedule is subject to change	25 participant maximum for water fitness classes	

Age Restrictions

Members under the age of 9 must be accompanied by a parent, guardian or responsible family member 16 years or older unless in a supervised class or program.

All youth under 16 need parent signature prior to work out.

Youth under 12 are not permitted in an adult exercise class.

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