

Fox Valley Family YMCA



Fitness class Schedule - West Branch YMCA

| Mon. | Tue. | Wed. | Thurs. | Fri. | Sat. |
|--|---|---|---|-------------------------------------|---------------------------------|
| A.M. | A.M. | A.M. | A.M. | A.M. | A.M. |
| 5:00-6:00 \$\$Bootcamp Laurie | 5:00-6:00 \$\$Bootcamp Laurie | 5:00-6:00 \$\$Bootcamp Laurie | 5:00-6:00 \$\$Bootcamp Laurie | 5:00-6:00 \$\$Bootcamp Laurie | |
| 8:30-9:30 *Beg. Yoga Sharon | 8:30-9:30 Boxing John | 8:30-9:30 *Beg. Yoga Kelly | 8:30-9:30 Turbo Kick Jenny | 8:30-9:30 Boxing John | 8:00-9:00 Power Hour Paul |
| 8:30-9:15 \$Joyful Joints Dian | 9:00-10:00 *\$Joyful Joints Debbie | 8:30-9:15 Seniorcise Dian | 9:00-10:00 *\$Joyful Joints Debbie | | 9:00-10:00 Thai Chi Paul |
| 9:30-10:30 Total Body & Cardio Dian | 9:30-10:30 Flow Yoga Kelly | 9:30-10:30 Courtney 3-2-1 | 9:30-10:30 Serious Sculpt Jenny | 9:30-10:30 Flow Yoga Kelly | |
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| P.M. | P.M. | P.M. | P.M. | P.M. | P.M. |
| 5:30-6:15 Jersey Core Courtney | 5:30-6:15 Anything Goes Bob | 5:30-6:30 Taekwondo Tessa & John | 5:30-6:00 Zumba Kids Machele | | |
| 6:30-7:30 Pilates Becky | | 6:30-7:30 Boxing John | 6:00-7:00 Zumba Machele | | |
| | | 6:00-6:45 Grid Iron Matt | | | |

“*” Indicates Class is held in Activity Room

“\$” Indicates \$3.00 Fee for Non-Members

“\$\$” Indicates individual fee for each session, please sign up at front desk.

All Group Fitness classes are **FREE** to members, no advanced sign up required.

All classes are subject to change due to attendance.

Class Schedule beginning 1/1/12

Fox Valley YMCA West Branch 707 S. Main St. Sandwich IL. 60548

815-786-9998