



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SALUD Y ESTADO FÍSICO YMCA RIVERFRONT CLASES DE EJERCICIOS FISICOS:
MAY 2011

| Domingo | Lunes | Martes | Miércoles | Jueves | Viernes | Sábado |
|-----------------------------------|---|--|---|---|--|---|
| | Aerobic Step 5:30-6 AM Calla | Pilates 5:30-6 AM Shari/Colette Jim Mind/Body | Cardio Conditioning 5:30-6:30AM Jane | Pilates 5:45-6:15am Paul/Jim Mind/Body | Cardio Conditioning 5:15-6 AM Colette | |
| | Aerobic con pesas 6:05-6:50AM Shari | Abs/espalda 6:05-6:30 AM Margaret/Shari | Entrenamiento básico (Gratis) 6:15-7 AM Paul | Yoga: NUEVO! 6:15-6:50AM Paul/Jim Mind/Body | Abs/Espalda 6:05-6:30AM Becky | |
| | Moldea tu cuerpo intermedios 9:00-9:45 AM Rebecca | | Moldea tu cuerpo intermedios 9:00-9:45 AM Paul | | | Turbokick 9-9:55 AM Jen/Trivell |
| Aerobic Step 12-1p.m. Jen M | | | | | | Yoga 9:45-10:30 Drew/Troy Mind/Body |
| | Pilates 12:05-12:50 Jason Mind/Body | Yoga 12:05-12:50 Drew Mind/Body | Pilates 12:05-12:50 Jason Mind/Body | Yoga 12:05-12:50 Terri Mind/Body | Pilates 12:05-12:50 Tomoko/Terri Mind/Body | ZUMBA ! 10:00-10:55 AM Kathy J. |
| | Aerobic Step 12:05-12:50 Linda/Becky | Y-Pump 12:05-12:50 Jane | Cardio Conditioning 12:05-12:50 Marie/Evan | Moldea tu cuerpo 12:05-12:50 Kathy/Marie | Aerobic Step 12:05-12:50 Jane | Tai Chi 11:00-12:00 Janet |
| | | | | ZUMBA-NUEVO 4:30 - 5:25PM Kathy J. | | |
| | Pilates 5:30-6:20 PM Bill Mind/Body | Aerobic con pesas 5:30-6:25 PM Monica | Turbokick 5:30-6:25 PM Brooke | Aerobic con pesas 5:30-6:25 PM Shari | | |
| | Cardio Fusion Dance 6:20-7:15 PM Kelly | | Pi/Yo moderado 6:30-7:20 PM Paula Mind/Body | | | |
| | Yoga 6:30-7:15 PM Drew Mind/Body | | | | | |

Riverfront YMCA

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