

# YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Riverfront/Grubb YMCA  
**Fitness Classes**  
**June 2010**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Step 5:30-6:00 AM Janaan	Pilates 5:30-6:00 AM Shari/Jim/Colette <b>Mind/Body</b>	Cardio Conditioning 5:30-6:30 AM Jane	Pilates 5:15-6:00 AM Paul <b>Mind/Body</b>	Cardio Conditioning 5:15-6:00 AM Colette/Michelle	
	Y-Pump 6:05-6:50 AM Shari	Yoga 6:05-7:00 AM Jim H. <b>Mind/Body</b>		Yoga 6:05-6:50 AM Paul <b>Mind/Body</b>	Abs/Back 6:05-6:30 AM Deb	
			Basics 6:15-7:00 AM Paul <b>(GYM)</b>		Basics 6:15-7:00 AM Michelle <b>(GYM)</b>	Kickboxing 9:00-10:00 AM Rotation
						Yoga 9:45-10:30 AM Drew/Troy <b>Mind/Body</b>
	Pilates 12:05-12:50 PM Jason <b>Mind/Body</b>	Yoga 12:05-12:50 PM Drew <b>Mind/Body</b>	Pilates 12:05-12:50 PM Monica/Jason <b>Mind/Body</b>	Yoga 12:05-12:50 PM Morgan <b>Mind/Body</b>	Pilates 12:05-12:50 PM Monica <b>Mind/Body</b>	
Step 1:00-2:00 PM Jen M.	Step 12:05-12:50 PM Linda/Becky	Y-Pump 12:05-12:50 PM Jane	Step 12:05-12:50 PM Jane	Body Sculpt 12:05-12:50 PM Kathy	Step 12:05-12:50 PM Ann	Tai Chi 11:00-12:00 PM Janet
		Step 4:30-5:15 PM Jen M.				
	Pilates 5:30-6:20 PM Bill <b>Mind/Body</b>	Y-Pump 5:30-6:25 PM Monica	Kickboxing 5:30-6:25 PM Brooke	Y-Pump 5:30-6:25 PM Shari		
	ZUMBA! 6:20-7:15 PM Kelly	Abs/Back 6:25-6:50 PM Deb <b>Mind/Body</b>	Gentle Pi/Yo 6:00-7:00 PM Paula <b>Mind/Body</b>			
			Gentle Pi/Yo 6:00-7:00 PM Paula <b>Mind/Body</b>			