



Central Virginia YMCA (Downtown)

Sept/Oct 2010 LABOR DAY ONLY ONE CLASS 8:30 Cross Training

	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>	<u>Sunday</u>
EARLY AM	Iron Grip Muscle 6:00-6:45	Cycle 6:00-6:45		Cycle 6:00-6:45	Power Yoga 6:00-7:00		
	Combo Cardio 8:30-9:30	Muscle 8:30-9:30	Combo Cardio 8:30-9:30	Muscle 8:30-9:30	Flexible Strength 8:30-9:30	*TaeKwon Do 8:15-9:00	
	Flexible Strength 8:30-9:30	Flexible Strength 8:30-9:30					
	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Y Extreme 9:30-10:30	Zumba 10-11	Y Extreme Yoga 9:30-10:30	
	Pilates Mix 9:30-10:30	Cycle 9:30-10:30	Pilates Mix 9:30-10:30	Cycle 9:30-10:30	Y Extreme Cardio Cycle 9:30-10 Core 10-10:30	Cycle Challenge 9:00-10:15	
	Zumba Gold 10:30-11:30						
AM	Balance Challenge 10:30-11:30	Absolute Core 10:30-10:45	Pure Stretch 10:30-11:30		Pure Stretch 10:30-11:30		
LUNCH	Fit Mix 12:00 - 12:30	Fit Mix 12:00 - 12:30	Zumba Express 11:30-12 YExtreme Muscle 12:00-12:30	Fit Mix 12:00 - 12:30	Fit Mix - 12:30		
PM		Muscle 4:30-5:30	Flexible Strength 4:30-5:30	Muscle 4:30-5:30			
	Y Extreme 5:30-6:30	Zumba 5:30-6:30	Zumba Challenge Every other Wed. 5 - 6:30	Y Extreme Muscle 5:30-6:30			
	Cycle 5:30-6:30	Cycle 5:30-6:30		Cycle 5:30-6:30			
	Zumba 6:30-7:30	*TaeKwon Do 5:30-6:30	Y Extreme 5:30-6:30				
	AB Core Extreme 6:30-6:45	Y Extreme Muscle 6:30-7:30		*TaeKwon Do 5:30-6:30			
		Hathe Yoga 6:00-7:15					



Ledger:

Gym	Healthy Kids Center	Outside	All group membership classes are FREE with your YMCA Membership except those classes annotated with an *	Fitness Director: Kathy Thomas	
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