

# Fit, Fun & Fabulous: July Fitness Connection

| <u>MONDAY</u>                                                             | <u>TUESDAY</u>                                                        | <u>WEDNESDAY</u>                                                           | <u>THURSDAY</u>                                                           | <u>FRIDAY</u>                                                                                                                                   | <u>SATURDAY</u> |
|---------------------------------------------------------------------------|-----------------------------------------------------------------------|----------------------------------------------------------------------------|---------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------|-----------------|
| <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)         | <b>Ycycle</b><br>8:00-9:00am<br>Allison Avis (MB)                     | <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)          |                                                                           | <b>Senior Strength Circuit</b><br>8:00-8:50am<br>Cheryl Kerr (CR)                                                                               |                 |
| <b>Combo Aerobics</b><br>9:00-10:00am<br>Carrie Johnson (AR)              | <b>Beginner Ycycle</b><br>9:15-10:15am<br>Allison Avis (MB)           | <b>Cardio Elite</b><br>8:00-9:00am<br>Allison Avis (MB)                    | <b>Gyrokinesis Mvmt. (YOGA)</b><br>9:00-10:00am<br>J. Rosella(DR)         | <b>Combo Aerobics</b><br>9:00-10:00am<br>Carrie Johnson (AR)                                                                                    |                 |
| <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00am<br>Cheryl Kerr(MB) | <b>Movement for Better Balance</b><br>8:15-9:00am<br>A. Humphrey (AR) | <b>Combo Aerobics</b><br>9:00-10:00am<br>C. Johnson(AR)                    | <b>Movement for Better Balance</b><br>9:00-10:00am<br>April Humphrey (AR) | <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00am<br>Cheryl Kerr (DR)                                                                      |                 |
| <b>Movement for Better Balance</b><br>9:00-10:00am<br>April Humphrey (DR) | <b>Gyrokinesis Mvmt. (YOGA)</b><br>9:00-10:00am<br>J. Rosella(DR)     | <b>Body Contouring</b><br>(Women Only)<br>9:00-10:00am<br>Cheryl Kerr (MB) | <b>Chair Aerobics</b><br>10:10-10:55am<br>Carrie Johnson(MB)              | <b>Line Dancing</b><br>10:30-11:30am<br>Delta Divas (MB)                                                                                        |                 |
| <b>Chair Aerobics</b><br>10:10 - 10:55am<br>Carrie Johnson (MB)           | <b>A Matter of Balance</b><br>9:00-11:00am<br>April Humphrey (AR)     | <b>Movement for Better Balance</b><br>9:00-10:00am<br>April Humphrey (DR)  | <b>Power Hour +</b><br>5:30-6:30pm<br>April Humphrey (MB)                 | Schedule is subject to change without notice<br><br>Classes are free to all Y members<br><b>Cost for Non-Members</b><br><b>\$5.00 per class</b> |                 |
| <b>Boot Up -Line Dancing</b><br>12:00-1:00pm<br>Jeri H. Satucci (MB)      | <b>Line Dancing</b><br>5:30-6:30pm<br>Delta Divas (MB)                | <b>Boot Up - Line Dancing</b><br>12:00-1:00pm<br>Jeri H. Santucci (MB)     | <b>Zumba Burst</b><br>6:30-7:30pm<br>Cassandra Atley (AR)                 | Class Locations:<br>Circuit Room: CR<br>Multipurpose Bldg: MB<br>Aerobics Room: AR<br>Dance Room: DR<br>Basketball Gym: GM                      |                 |
| <b>Power Hour +</b><br>5:30-6:30pm<br>April Humphrey (MB)                 | <b>Zumba Burst</b><br>6:30-7:30pm<br>Cassandra Atley (AR)             |                                                                            |                                                                           |                                                                                                                                                 |                 |

