

# Splash Into Fitness: June Fitness Schedule

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

