

Tackle Your Fitness Goals: September Wellness & Fitness Guide

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

