

St. Michaels Family YMCA GROUP FITNESS

June 2008 (schedule effective 6/2/2008)

Monday				Tuesday				Wednesday			
<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>	<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>	<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>
SMCC	5:30 AM	Strength Training (45-minutes)	Crissy	SMCC	8:30 AM	Low Impact & Strength	Denise	SMCC	8:00 AM	Fitness Yoga	Tracy
SMCC	8:30 AM	Fitness Yoga	Carolyn/ Tracy	SMCC	9:30 AM	"EZ" Yoga	Lucka	SMCC	9:00 AM	Step	Tracy
SMY	9:30 AM	Cardio Circuit	Laura	SMY	12:30 PM	Beginner Reformer*\$	Lucka	SMY	12:00 PM	Mid-Day Circuit *	Lucka
SMY	12:00 PM	Mid-Day Circuit *	Courtney	SMY	1:15 PM	Adv. Beg. Reformer*\$	Lucka	SMY	1:00 PM	Beginner Reformer*\$	Lucka
SMY	1:00 PM	Beginner Reformer*\$	Lucka	SMCC	6:00 PM	Step	Karleen	SMY	1:45 PM	Adv. Beg. Reformer*\$	Lucka
SMCC	1:45 PM	Adv. Beg. Reformer*\$	Lucka					SMCC	4:30 PM	Strength Training	Tracy
SMCC	4:30 PM	Strength Training	Tracy / Lucka								
SMCC	5:30 PM	Gentle Yoga NO CLASS ON 6/9/08!!	Lucka								

Notes:

Thursday				Friday				Saturday			
<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>	<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>	<u>Loc.</u>	<u>Start Time</u>	<u>Desc.</u>	<u>Inst.</u>
SMCC	5:45 AM	Strength Training	Crissy	SMCC	8:45 AM	Gentle Yoga	Carolyn	Temp.	taking	a	break!!
SMCC	9:00 AM	Low Impact & Strength	Denise	SMCC	10:00 AM	Cardio Circuit	Kim				
SMCC	10:00 AM	Gentle Yoga	Lucka	SMY	12:00 PM	Mid-Day Circuit *	Lucka				
SMY	12:30 PM	Beginner Reformer*\$	Lucka								
SMY	1:15 PM	Adv. Beg. Reformer*\$	Lucka								

* = Space is limited for the Mid Day Circuit and all reformer classes; Reservations required. Call 410-745-5963.

\$ = Indicates that there is an additional fee required to attend this class. Punch cards are available at member services.

- NEW Child Watch hours: Mon – Sat. = 8 a.m. – 12 p.m.
Mon = 3:00 – 5:30 p.m.; Wed = 4 – 6:30 pm. & Tues / Thurs = 4:30 – 7:00 p.m.
- In consideration of other class participants, PLEASE refrain from wearing heavy perfume or cologne to group classes.