



March 1, 2009 – Calendar of Group Fitness Classes

Effective Mar 1, 2009

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat
	New Class Tai-Chi 10:00-11:00 am Ends Mar 23	Core Zone & Tone 9:30-10:30 am Brenda	Cycle fit 9:30-10:30 pm Alicia		Pump n' Pedal 9:30-10:30 am Yvonne	New Class Body flex 9:30-10:30 am Shelley C. March 7th
Modern Dance 12:30-1:15 pm- Carmel	Nice n' Easy 11:30-12:30 pm Alicia		Stretch & Relax 10:30-11:00 pm Alicia		Stretch & Relax 10:30-10:45 pm Alicia	New Class Kardio Kickboxing 9:30-10:30 am Yvonne March 14th
	Stretch & Relax 12:30-12:45 pm Alicia		Nice n' Easy 11:30-12:30 pm Alicia			New Class Cycle fit 9:30-10:30 am Shelley C. March 21st
	Cycle fit 1:15-2:00 pm Yvonne	Boot Camp 1:00-2:00 pm March 10th Only	Body Flex 1:15-2:00 pm Yvonne	Core Zone & Tone 1:15-2:00 pm Alicia		New Class Step Circuit 9:30-10:30 am Jen March 28th
		Kardio Kickboxing 1:00-2:00 pm March 31st Only				
Judo 4:00-6:00 p Tim Lohnes		Cycle fit 4:30-5:15 pm Krista				
	New Time Tone & Flex 6:15-7:15 pm Melanie	New Class Step Circuit 5:30-6:15 pm Shelly P.	New Class Boot Camp 6:00-7:00 pm Rotation	Cycle fit 5:30-6:15 pm Alicia		
	New Time Body Flex 7:30-8:15 pm Lisa	Judo 6:30-8:00 pm Tim Lohnes	Core Zone & Tone 7:15-8:00 pm Jen	Arabic Dance 7:30-8:30 pm Andrea		

YMCA Lunenburg County

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Hours of Operations: Monday to Friday 6 am – 10 pm, Saturday and Sunday 9 am – 7 pm