

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.

Group Fitness @ Keene Family YMCA



Group Exercise Schedule

June 2010

Schedule subject to change without notice



Member Benefits

32 Classes per week!

MONDAY

9:00 am	*	Ladies Circuit	60 min/Wellkid Ctr	Stacy
9:00 am	*	Pilates	60 min/Sky	Kathy
10:15 am	*	SilverSneakers®	60 min/Sky	Kathy
12:00 pm	*	Int. Challenge	60 min/Gymnastics	Beth
12:15 pm	*	Cycling	45 min	Justina
1:15 pm		<i>Gentle Yoga</i>	60 min/Gymnastics	Laura
5:35pm	*	Zumba	55 min/Gymnastics	Kelly
6:30 pm	\$	<i>H2O Fitness</i>	60 min/Pool	Betty

TUESDAY

6:00 am		Sport Yoga	55 min/Sky	Kelly
9:00 am	*	Tae Kwon Do-robics	60 min/Gymnastics	Kevin
10:00 am	\$*	<i>Aquacise</i>	60 min/Pool	Tammi
12:00 pm	*	Butts & Guts	60 min/Gymnastics	Stacy
1:15 pm		SilverSneakers®	60 min/Gymnastics	Robin
5:15pm	*	<i>Yoga</i>	60 min/Sky	Justina
5:30 pm	*	Tae Kwon Do-robics	60 min/Gymnastics	Kevin

WEDNESDAY

9:00 am	*	Anything Goes	60 min/Gymnastics	Stacy
10:15 am	*	SilverSneakers®	60 min/Sky	Kathy
12:00 pm	*	Int. Challenge	60 min/Gymnastics	Beth
12:15 pm	*	Cycling	45 min	Kelly
1:15 pm		<i>Gentle Yoga</i>	60 min/Gymnastics	Laura
5:35 pm	*	Anything Goes	55 min/Gymnastics	Christine
6:30pm	\$*	<i>H2O Fitness</i>	60 min/Pool	Betty

CHILDWATCH:

Keene Family YMCA offers quality babysitting services for children 4 months to 8 years, while parents are utilizing our facility. There is a two hour maximum stay per visit.

Monday thru Friday	8:45am -1:15 pm
Mon thru Thursday	4:30pm-7:15pm
Saturday	8:45am-noon

THURSDAY

9:00 am	*	Boot Camp	60 min/Gymnastics	Stacy
9:00 am	\$*	<i>AM Aqua</i>	45 min/Pool	Tammi
10:00 am	\$*	<i>Aquacise</i>	60 min/Pool	Tammi
12:00 pm	*	Ball Pilates	60 min/Gymnastics	Robin
1:15 pm		SilverSneakers®	60 min/Gymnastics	Robin
5:30 pm	*	Tae Kwon Do-robics	60 min /Gymnastics	Kevin

FRIDAY

12:00 pm	*	Int. Challenge	60 min/Gymnastics	Beth
12:15 pm	*	Cycling	45 min	Kelly

SATURDAY

9:00 am	*	Butts & Guts	60 min/Sky	Stacy
10:15am	*	<i>Yoga</i>	60 min/Sky	Cindi

Stacy is Back!!!!

Check out any of her 5 energizing classes!

Cycling Card

30 classes for \$30.00 or \$2.00 a class for drop-in.
Purchase your card at the Welcome Center today!

Class Key

* Childwatch Available
\$ Program Fee available for nonmembers.
Registration is required

