


# WINTER 2011

# the GROUP EXERCISE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>8:05 – 9:05am <b>Kick IT</b> (Shelby)</p> <p>8:00 – 8:55am *<b>Pool Water Wake-Up</b> (Sandy)</p> <p>9:05 - 10:05a *<b>RM 2 JLC Classic Yoga</b> (Linda)</p>	<p>8:00 – 8:55am *<b>Pool Water Wake-Up</b> (Lisa)</p> <p>8:00 – 9:00am <b>Pilates Mat</b> (Sandy)</p> <p>9:00 – 9:45am *<b>Pool Water Plunge</b> (Lisa)</p>	<p>8:05 – 9:05am <b>Salsa Cardio</b> (Liliana)</p> <p>8:00 – 8:55am *<b>Pool Water Wake-Up</b> (Sandy)</p> <p>9:05 - 10:05am *<b>RM 2 JLC Classic Yoga</b> (Linda)</p>	<p>8:00 – 8:55am *<b>Pool Water Wake-Up</b> (Lisa)</p> <p>8:00 – 9:00am <b>Pilates Mat</b> (Sandy)</p> <p>9:00 – 9:45am *<b>Pool Water Plunge</b> (Lisa)</p>	<p>8:05 – 9:05am <b>Salsa Cardio</b> (Liliana)</p> <p>8:00 – 8:55am *<b>Pool Water Wake-Up</b> (Sandy)</p>	<p>8:10 – 9:10am <b>Boot Camp</b> (Shelby)</p> <p>8:10 – 8:55am *<b>Pool Water Wake-Up</b> (Julie)</p>	
<p>9:10 – 10:10am <b>Total Body Conditioning</b> (Sandy)</p> <p>10:10 – 10:45am <b>Hard Core Abs</b> (Sandy)</p>	<p>9:05 – 10:05am <b>Aerobic Dance</b> (Sandy)</p> <p>10:10 -11:10am *<b>RM 2 JLC Cardio Ab Blast</b> (Shelby)</p>	<p>9:05-10:05am <b>Cardio Kick Box</b> (Carmela)</p> <p>10:05-10:30am <b>Hardcore Abs</b> (Carmela)</p>	<p>9:05 – 10:05am <b>Body Challenge</b> (Audrey)</p> <p>10:10 -10:30am <b>Bands, Bars &amp; Balls</b> (Sandy)</p>	<p>9:10 – 10:10am <b>Total Body Conditioning</b> (Sandy)</p> <p>10:10 – 10:30am <b>HardCore Abs</b> (Sandy)</p>		
<p>11:30am –12:25pm <b>SilverSneakers® Cardio Circuit</b> (Sandy)</p> <p>12:30-1:30pm *<b>Pool SilverSplash</b> (Sandy)</p> <p>12:30-1:30pm <b>Tai Chi</b> (Don)</p>	<p>10:30 – 11:30am <b>SilverSneakers® YogaStretch</b> (Liliana)</p> <p>11:30-12:30pm <b>Zumba Gold</b> (Liliana)</p>	<p>10:35 – 11:20am <b>SilverSneakers® MSROM</b> (Sandy)</p> <p>11:30am –12:30pm <b>SilverSneakers® Cardio Circuit</b>(Sandy)</p> <p>12:30-1:30pm <b>Tai Chi</b> (Don)</p>	<p>10:30-11:30am *<b>RM 2 JLC Cardio Fusion</b> (Sandy)</p> <p>10:30 – 11:30am <b>SilverSneakers® YogaStretch</b> (Liliana)</p> <p>11:35-12:35pm <b>Salsa Cardio</b> (Liliana)</p> <p>11:35-12:35pm *<b>RM 2 JLC Line Dancing</b> (Saundra)</p>	<p>10:30-11:30am *<b>RM 2 JLC Kick IT</b> (Shelby)</p> <p>10:35 – 11:20am <b>SilverSneakers® MSROM</b> (Sandy)</p> <p>11:30am –12:30pm <b>SilverSneakers® Cardio Circuit</b> (Sandy)</p>	<p>Meike Johnson Health &amp; Wellness Director</p> <p>Class schedule is subject to change at any time</p>	<p>*Kids, 12-14 yrs. old can participate in most classes with an adult.</p>
<p>4:30-5:25pm <b>Pilates Mat</b> (Liliana)</p> <p>5:30-6:30pm <b>Zumba</b> (Marie)</p> <p>6:30-7:30pm <b>Cardio Boot Camp</b> (Carmela)</p> <p>7:05 – 8:05pm *<b>RM 2 JLC Yoga</b> (Elaine)</p> <p>7:15 – 8:15p *<b>Pool Water Plunge**</b> (Cheryl) (kids, 10 yrs+ w/ adult)</p>	<p>5:00 – 6:00pm <b>Take it Off!</b> (Sandy)</p> <p>6:00-7:00pm <b>Pump It Up</b> (Audrey)</p> <p>7:00 – 8:00pm <b>Cardio Kick Box</b> (Carmela)</p>	<p>4:30-5:25pm <b>Pilates Mat</b> (Sandy)</p> <p>5:30-6:30pm <b>Zumba</b> (Marie)</p> <p>6:30-7:30pm <b>Cardio Step</b> (Carmela)</p> <p>7:05 – 8:05pm *<b>RM 2 JLC Yoga</b> (Elaine)</p> <p>7:15 – 8:15p *<b>Pool Water Plunge**</b> (Cheryl) (kids, 10yrs+ w/ adult)</p>	<p>5:00 – 6:00pm <b>Take it Off!</b> (Sandy)</p> <p>6:00-7:00pm <b>Cardio Ab Blast</b> (Shelby)</p> <p>7:00-7:30pm <b>Body Sculpt</b> (Shelby)</p>	<p>4:30 – 5:25pm <b>Pilates Core &amp; More</b> (Meike)</p> <p>5:30-6:30pm <b>Zumba</b> (Karla)</p>	 <p>Highland Family YMCA: 7793 Central Ave Highland CA 92346 (909) 425-9622</p>	