



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER 2011/
SPRING 2012
January 2—May 26

Valley Points Family YMCA Fitness Class Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	NEW KENSINGTON
	Group Cycling 5:40-6:30am		Group Cycling 5:40-6:30am		Yoga 7:30-8:15am	
Monday Mix 9:15-10:15am	Step It Up 9:15-10:30am	Group Cycling 9:00-9:50am	Step It Up 9:15-10:30am	1 Hour Cycling 9:00-10:00am	Group Cycling 9:00-9:50am	
Group Cycling 9:00-9:50am	Group Cycling 9:15-10:05am	Body Flow* 9:15-10:15am	Group Cycling 9:15-10:05am	Body Flow* 9:15-10:15am		
Zumba 9:50-10:40am		Zumba 9:50-10:40am				
SilverSneakers Cardio Fit 10:45-11:30am	SilverSneakers Yoga Stretch 12:00-12:45pm	SilverSalsa 10:45-11:30am	SilverSneakers Yoga Stretch 12:00-12:45pm	SilverSneakers Cardio Circuit 10:45-11:30am		
SilverSneakers Muscular Strength 11:45am-12:30pm	Body Flow* 5:30-6:30pm	SilverSneakers Muscular Strength 11:45am-12:30pm	Body Flow* 5:30-6:30pm	SilverSneakers Muscular Strength 11:45am-12:30pm		
Body Sculpt 5:15-6:00pm	Group Cycling 5:30-6:20pm	Body Sculpt 5:15-6:00pm	Group Cycling 5:30-6:20pm			
Group Cycling 5:30-6:20pm	Butts-N-Guts 6:30-7:00pm	Group Cycling 5:30-6:20pm	Butts-N-Guts 6:30-7:00pm		NOTE: Check the Monthly Schedule for class time changes or new classes!	
Yoga 6:00-6:45pm	Zumba 6:30-7:30pm	Yoga 6:00-6:45pm	Zumba 6:30-7:30pm			
	Cycling for Starters 7:00-7:30pm		Cycling for Starters 7:00-7:30pm	* denotes a fee		

KISKI VALLEY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Group Cycling 6:00-6:50am		Group Cycling 6:00-6:50am		Group Cycling 6:00-6:50am	
	SilverSneakers Cardio Circuit 8:00-8:45am		SilverSneakers Cardio Circuit 8:00-8:45am		SilverSneakers Cardio Fit 8:00-8:45am	Yoga 8:00-9:00am (begins 2/4)
	SilverSneakers Muscular Strength 9:00-9:45am	Zumba 9:15-10:15am	SilverSneakers Muscular Strength 9:00-9:45am	Hula Hooping 9:30-10:15am	SilverSneakers Muscular Strength 9:00-9:45am	
	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am	Group Cycling 9:15-10:05am
		Hula Hooping 10:30-11:15am		SilverSneakers Yoga Stretch 10:30-11:15am	Zumba 10:00-11:00am	Group Cycling 10:15-11:05am
		Yoga 11:30am-12:30pm				
	Zumba 6:00-7:00pm	Yoga 6:00-7:00pm (ends 1/31)	Body Sculpting 6:00-6:45pm	Hula Hooping 6:00-7:00pm	Cardio Kick 5:45-6:30pm	
		Group Cycling 6:15-7:00pm	Yoga 7:15-8:15pm	Group Cycling 6:15-7:00pm		