



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WESTSIDE YMCA Membership Value Classes

FREE CLASSES TO ALL WESTSIDE YMCA MEMBERS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<u>Step Aerobics</u> 6:00am-6:45am 9:30am-10:30am	<u>Strength & Flexibility</u> 5:45am-6:45am <u>Water Workout</u> 9am-10am	<u>Step Aerobics</u> 6:00am-6:45am 9:30am-10:30am	<u>Strength & Flexibility</u> 5:45am-6:45am <u>Water Workout</u> 9am-10am	<u>Strength Train Together</u> 5:15am-6:15am 9:30am-10:30am	<u>Strength and Flexibility</u> 7:05am-8:00am
<u>Arthritis Aquatics</u> 8:30am-9:30am <u>Core Conditioning</u> 10:30am-11:00am	<u>Core Conditioning</u> 11:00am-11:30am <u>Silver Sneakers</u> 11:15am-12:15am	<u>Arthritis Aquatics</u> 8:30am-9:30am <u>Core Conditioning</u> 10:30am-11:00pm	<u>Tai Chi</u> 9:00am-10:00am <u>Silver Sneakers</u> 11:15am-12:15am	<u>Core Conditioning</u> 6:30-7:00am 10:30am-11:00am	<u>Weight Works</u> 7:45am-8:45am <u>R.I.P.P.E.D</u> 8:55am-9:55am
<u>Silver Sneakers</u> 11:15am-12:15am	<u>Silver Sneaker Yoga</u> 12:20-12:50pm	<u>Silver Sneakers</u> 11:15am-12:15am	<u>Silver Sneaker Yoga</u> 12:20-12:50pm		<u>Core Conditioning</u> 10:00am-10:30am
<u>Strength Train Together</u> 4:30pm-5:30pm <u>Step and Sculpt</u> 5:40pm-6:30pm	<u>Arthritis Aquatics</u> 3:00pm-4:00pm <u>W.A.K.S.</u> 4:30pm-5:30pm	<u>Weight Works</u> 4:30pm-5:30pm <u>Step and Sculpt</u> 5:40pm-6:30pm	<u>Arthritis Aquatics</u> 3:00pm-4:00pm <u>W.A.K.S.</u> 4:30pm-5:30pm		<u>Kids Karate</u> 10:30am-11:15am
<u>Core Conditioning</u> 6:30pm-7:00pm <u>Water Workout</u> 7:00pm-8:00pm	<u>Strength Train Together</u> 5:45pm-6:45pm <u>Beginner Workout</u> 5:45-6:45pm	<u>Core Conditioning</u> 6:30pm-7:00pm <u>Water Workout</u> 7:00pm-8:00pm	<u>Step & Sculpt</u> 7:00-8:00pm		<u>Tae Kwon Do Adult</u> 11:15am-12:00pm