



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