



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