



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MEMBERSHIP VALUE CLASSES

FREE CLASSES TO ALL WESTSIDE YMCA MEMBERS

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

WESTSIDE COMMUNITY YMCA

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