



# Aerobics & SPINNING® Class Schedule

Bonita Springs YMCA

March 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.	<b>Personalized Orientation Program</b> Learn to use equipment in the Fitness Center Sign up in the Fitness Center <b>FREE!</b>					Pilates Beth
9:15 a.m. POOL	Water Aerobics Sara	Circuit Cindy S (Fitness Center)			Water Aerobics Deidre D	Crazy Fit Ryan (outside) <b>(9:00)</b>
9:15 a.m.	Kickboxing Kristin	ZUMBA GOLD® (Low-Impact) Eileen	Boot Camp Mollie <b>(9:30)</b>	Yoga Jen	Circuit Cindy S (Fitness Center)	20/20/20 <b>(9:30)</b>
10:15 a.m.		Body Sculpting Leslie	Water Aerobics Deidre D (POOL)		<b>Weight Loss Challenge</b> Begins March 8 <sup>th</sup> Sign up Now!	
10:30 a.m.	Pilates Kay <b>(10:15)</b>		Yoga Rosemary <b>(10:15)</b>	Spin Deidre W	SilverSneakers Page	Yoga Ann / Cindy C
11:30 a.m.	SilverSneakers®I MuscularStrength Deidre W	SilverSneakers®II Cardio Circuit Leslie	SilverSneakers® Yoga Stretch Rosemary	SilverSneakers®I MuscularStrength Deidre W		
4:30 p.m.		Spin Alison		Body Sculpting		
5:30 p.m.	ZUMBA® Eileen	Body Sculpting Genny	ZUMBA® Eileen	Yoga Jen		
6:45 p.m.	Yoga Rosemary <b>(6:30)</b>	Spin Holly B.		Spin Holly M.		
7:00 p.m.	Crazy Fit Ryan (Outside)		Crazy Fit Ryan (Outside)	<b>Women On Weights</b> Begins March 8 Sign up Today!		

- Please bring a towel with you to ALL classes.
- All classes are 55 minutes long unless other wise noted. Spinning classes are 50 minutes. Please plan to arrive to class on time (allow time to set up for Spinning) and plan to stay for the entire class.
- Supportive athletic shoes are required for your safety and comfort (except Pilates, yoga, and water classes)

**Bonita Springs YMCA**  
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[www.ymcapalms.org](http://www.ymcapalms.org)

YMCA Mission: To put Judeo-Christian principles into practice through programs that build healthy spirit, mind and body for all.