



Aerobics & SPINNING® Class Schedule

Bonita Springs YMCA
February 2010

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 a.m.	Personalized Orientation Program Learn to use equipment in the Fitness Center Sign up in the Fitness Center FREE!					Pilates
9:15 a.m. POOL	Water Aerobics Sara	Circuit Cindy S (Fitness Center)			Water Aerobics	Crazy Fit Ryan (outside) (9:00)
9:15 a.m.	Kickboxing Kristin	ZUMBA GOLD® (Low-Impact) Eileen	Boot Camp Mollie (9:30)	Yoga Jen	Circuit Cindy S (Fitness Center)	20/20/20 Heather (9:30)
10:15 a.m.		Body Sculpting Leslie	Water Aerobics Deidre D (POOL)		Dr. Caroline Cederquist Hormones / Wt. Gain Feb. 19 10:30 AM Naples Sign up at Member Services	
10:30 a.m.	Pilates (10:15)		Yoga Rosemary (10:15)	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 Heather		
5:30 p.m.	ZUMBA® Eileen	Body Sculpting Genny	ZUMBA® Eileen	Yoga Jen		
6:45 p.m.	Yoga Rosemary (6:30)	Spin Holly B.		Spin Holly M.		
7:00 p.m.	Crazy Fit Ryan (Outside)		Crazy Fit Ryan (Outside)	Olympic Fitness Challenge begins 2/15 Get your Team Together!		

- 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
27200 Kent Rd | Bonita Springs, FL
34135
Telephone: (239) 992-9622
Fax: (239) 992-9174



www.ymcapalms.org

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