

Summer Fitness Menu 2010 July 19-August 28

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M	5:45-6:45am	M		
Step Cardio	C	PowerFlex	S	Cardio Mixer	C	PowerFlex	S	Boot Camp	S		
Julie	ALL	Kathy E.	ALL	Julie	ALL	Kathy E.	ALL	Deadra	ALL		
8:05-9:00am	M			8:05-9:00 am	M			8:05-9:00am	M	8:05-9:05 am	M
Core & Lower Body Sculpt	S			Balance, Flexibility & Relax/Sculpt	S			Core & Upper Body/ Sculpt	S	PowerFlex	S
Cindy	ALL			Cindy	ALL			Kelly	ALL	Alt. staff	ALL
		8:30-9:10am	M			8:30-9:10 am	M			9:10-10:10am	M
		Zumba	C			Rhythmic Kickbox	C			Zumba	KG
		Cindy	ALL			Becky	L 2,3			Alt. Zumba Staff	
9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15am	M
Step Cardio	C	Arcs and Angles	S	Cardio Mixer	C	Reebok Flexible Strength	S	Zumba	C	Yoga Moves	F&S
Nancy	L 2,3	Mary H.	ALL	Nancy	L 2,3	Becky	ALL	Nancy	ALL	Kathy Z.	ALL
10:20-11:20am	M	10:20-11:20am	M	10:20-11:20am	M	10:20-11:20am	M	10:20-11:05am	M		
PowerFlex	S	Boot Camp	C	PowerFlex	S	Boot Camp	C	Pilates	S&F		
Kelly	ALL	Becky	ALL	Kelly	ALL	Becky	ALL	Cindy	ALL		
				11:45-12:30 pm	G						
				Hula-Hooping	B,C						
				Kathy N.							
				Riverview Park							
12:00-1:00pm	M	12:00-12:50pm	M			12:00-12:50pm	M				
Yoga Moves	F&S	Zumba Gold	C			Zumba Toning	C				
Amy S.	ALL	Erin	ALL			Nancy	ALL				
1:10-2:10pm	M	1:00-2:00 pm	M			1:00-2:00 pm	M				
Gentle Strength Stretch	S,F	Gentle Yoga	F,S,B			Gentle Yoga	F,S,B				
Erin	ALL	Kathy Z.	ALL			Kathy Z.	ALL				
		5:15-6:05 pm	M	5:25-6:25pm	M	5:15-6:05 pm	M				
		Athletic Interval Training	C	Cardio Mixer	C	Step Cardio	C				
		Erin	ALL	Julie	ALL	Erin	ALL				
5:25-6:25pm	M			5:30-6:15 pm	M						
Step Cardio	C			Hula Hoop	B,C						
Julie	ALL			Kathy N.	ALL						
		6:10-7:00pm	KG	6:30-7:30pm	KG	6:10-7:00pm	M				
		Zumba	C	Zumba	C	Core Challenge	S				
		Erin	ALL	Kathy E	ALL	Kelly	ALL				
6:30-6:55pm	M			6:30-6:55pm	M						
Strictly Abs	S			Abs & More	S						
Julie	ALL			Julie	ALL						
7:00-8:00pm	M	7:05-7:55 pm	M	7:00-8:00pm	M	7:05-8:05pm	M				
PowerFlex	S	Yoga	F,S,B	PowerFlex	S	Yoga n More	F,S,B				
Julie	ALL	Lynn	ALL	Julie	ALL	Lynn	ALL				

CLASS LOCATION
M=Multipurpose Room
G=Gym
KG=Kids Gym

KEY CLASS TYPE
B=Balance
S=Strength
F=Flexibility
C=Cardio

KEY CLASS LEVEL
L1= Basic
L2= Intermediate
L3= Advanced
AL=All Levels

Class schedules may change due to member participation. Registered participants will be notified of class cancellations.



Benton Harbor-St Joseph YMCA
3665 Hollywood Rd
St. Joseph, MI 49085
(269) 428-YMCA (9622)
www.bhsymca.org