





Wellness Schedule

2011 Fall I Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7:30-8:15 am Cycling Cycling Studio	6:00-6:45 am Cycling Cycling Studio	9:20-10:20 am Cardio Dance Group Exercise Studio	6:00-6:45 am Cycling Cycling Studio	7:30-8:15 am Cycling Cycling Studio	9:00-10:00 am Pump Group Exercise Studio
9:20-10:20 am Cardio Dance Group Exercise Studio	10:00 - 11:00 am Pump Group Exercise Studio	10:30-11:30am *Zumba Group Exercise Studio	10:00 - 11:00 am Pump Group Exercise Studio	9:20-10:20 am Cardio Dance Group Exercise Studio	10:05-10:50 am Cardio Dance Only Group Exercise Studio
10:30-11:30am *Pilates Group Exercise Studio	9:30-10:30 am Cycling Cycling Studio	4:00-5:00 pm Cardio Dance Group Exercise Studio	9:30-10:30 am Cycling Cycling Studio	10:30-11:30am *Pilates Group Exercise Studio	10:00-10:45 am Cycling Cycling Studio
4:00-5:00 pm Cardio Dance Group Exercise Studio	6:00-6:55 pm *Yoga Group Exercise Studio	5:05-6:05 pm Pump Group Exercise Studio	6:00-7:00pm *Yoga Group Exercise Studio		11:00-12:00 noon *Zumba Group Exercise Studio
5:05-6:05 pm Pump Group Exercise Studio	6:30-7:30 pm Cycling Cycling Studio	6:10-7:05 pm Step-N-Sculpt Group Exercise Studio	6:30-7:30pm Cycling Cycling Studio		
6:10-7:05 pm Step-N-Sculpt Group Exercise Studio	7:00-8:00 pm Bootcamp Group Exercise Studio	7:10-8:00 pm *Zumba Group Exercise Studio	7:00 - 8:00 pm Bootcamp Group Exercise Studio		
7:10-8:00 pm *Zumba Group Exercise Studio		 <p>FOR YOUTH DEVELOPMENT FOR HEALTHY LIVING FOR SOCIAL RESPONSIBILITY</p>	<p>*Fee for Class Please see the Welcome Center for details!</p>		
6:45p-7:45 pm Cycling Cycling Studio					

Fairfield Family
YMCA