



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

EXERCISE CLASS SCHEDULE -- AUGUST

Sandusky County YMCA 1000 North St., Fremont OH, 419-332-9622, www.frymca.org

Time	Class	Instructor	Time	Class	Instructor
Monday			Thursday		
6:00-7:00a	Boot Camp	Jane	8:00-9:00a	Boot Camp	Jana
8:15-9:15a	Int/Adv Pilates	Jana	9:15-10:00a	Zumba@	Lisa
9:00-10:00a	Boot Camp	Kim	10:30-11:15a	SilverSneakers	Lisa
9:30-10:30a	Beginner Pilates	Jill	12:15-12:45p	YogaStretch	Jana
9:30-10:15a	SilverSneakers MSROM	Kathie	5:15-6:00p	Lunch Aerobics	Lisa
10:30-11:15a	SilverSneakers Cardio Circuit	Kathie	5:30-6:15p	Zumba@	Barb
6:30-7:30p	Boot Camp	Mike	5:30-6:30p	Cycling	Varies per day
				Boot Camp	
Tuesday			Friday		
8:00-9:00a	Boot Camp	Jana	6:00-7:00a	Boot Camp	Mike
9:15-10:00a	Zumba@	Lisa	8:30-9:30a	Dynamic (hatha) Yoga	Jana
10:30-11:15a	SilverSneakers YogaStretch	Lisa	9:30-10:15a	SilverSneakers MSROM	Lisa
12:15-12:45p	Lunch Aerobics	Jana			
5:15-6:00pm	Zumba@	Lisa			
5:30-6:15p	Cycling	Barb			
5:30-6:30p	Boot Camp	Jana			
Wednesday			Saturday		
6:00-7:00a	Boot Camp	Jane	8:30-9:30a	Instructor's Choice	Cheryl
8:15-9:15a	Int/Adv Pilates	Jana			
9:00-10:00a	Boot Camp	Kim			
9:30-10:30a	Beginner Pilates	Jill			
9:30-10:15a	SilverSneakers MSROM	Sharon			
10:30-11:15a	SilverSneakers Cardio Circuit	Kathie			
5:30-6:30p	Dynamic (hatha) Yoga	Pamella			
6:30-7:30p	Boot Camp	Laura			

Not sure if a class is right for you? You may try any class for FREE one time before registering for the session.

*****Class session ends on August 15th. Please check with your instructor to know whether your class is meeting over the break weeks.*****