

Winter

Sign up for a Session 2 Class and Get 25% off the second sports class

Auditorium Schedule

2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
7:00							
8:00		8:15-9:00 Pilates Ball		8:15-9:00 Ball		8:30-9:15 Step	
9:00	9-9:45 Cardio Combo	9-10: Adult Fitness	9-9:45 Cardio Combo		9-9:45 Cardio Combo	9:15-10:00 Pilates	9:15-10 Gliding
10:00			9:45-10:15 Core+Cond	10:15-11:00 Wiggly Wonderful You Ages 10-23 months	9:45-10:15 Core Condition		10-10:45 Pilates
11:00				11-11:45 Totally Terrific 2's Ages 24-36 Months			
12:00	12:00-1:00 Gym/Swim	12:15-1:00 T-Ball Ages 4-5		12-12:45 Pre-K Floor Hockey Ages 4-5	12-1:00 Hanging @ the Y		
1:00	Childcare	Childcare	Childcare	12:45-1:15 Gym Games Ages 4-5	1-2:00 Hanging @ the Y		
2:00	Childcare	Childcare	Childcare	childcare	Childcare		
3:00	Childcare	Childcare	3:15-4:00 Flag Football	3:15-4:00 Floor Hockey Grades K-1	Childcare		
4:00	4:00-4:45 Dodgeball Grades 1-2	Childcare	Childcare	4-4:45 Floor Hockey Grades 2-4	4:15-5: Whiffleball 3-5l		
5:00	4:45-5:30 Dodgeball Grades 3-5	5:45-6:30 Pilates	Childcare	4:45 -5:45 Childcare	4:45 -5:45 Childcare		
6:00	6-7 Cardio Kickboxing	6:30-7:30 Zumba	6-7 Cardio Kickboxing	5:45-6:30 Pilates	Childcare		
7:00		7:30-8:30 Ballroom Dance	7-8:15 Yoga	6:30-7:30 Coed Aerobics			

8:00							
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