

Y STARTER CLASSES™

Indian River Family YMCA

January 2009

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Early AM							
AM			Starter ☺ Cycling 8:30am-9:00am			Starter ☺ Cycling 9:00am-9:30am	
	Mon, Jan 5 & Mon, Jan 19 9:30-10:30am Intro to Group Exercise Level I (GX)						
Lunch			Starter (SMB) ☺ Y-Pilates 12:15pm-12:45pm		Starter (SMB) ☺ Abs & More 12:15pm-12:45pm		
PM			Starter ☺ Cycling 4:30pm-5:00pm	Starter women ☺ (SMB) Strength & Tone 5:30pm-6:00pm		Starter ☺ Cycling 2:00pm-2:30pm	
	Starter ☺ Beginner Aqua 5:00pm-5:30pm		Starter ☺ Beginner Aqua 5:00pm-5:30pm				
		Starter women (SMB) Strength & Tone 5:30pm-6:00pm ☺	Starter (SMB) ☺ Yoga 5:00pm-5:30pm				
	Starter ☺ Cycling 5:30pm-6:00pm	Starter ☺ Cycling 5:30pm-6:00pm	Starter ☺ Cycling 5:30pm-6:00pm	Starter ☺ Cycling 5:30pm-6:00pm			
		Level I (SMB) ☺ Abs & More 6:00pm-6:30pm		Level I (SMB) ☺ Abs & More 6:00pm-6:30pm		Classes that consistently have fewer than 4 participants are subject to cancellation.	

Each class includes a warm-up, work phase and cool-down. For your safety, if you arrive more than **five minutes late**, a good alternative is to try a FitP3 activity. Music and an instructor will guide you through a workout on a piece of cardio equipment. Stop by Member Services or ask a FitQuest Coach to get started.



☺ = 30-minute class

We build strong kids, strong families, strong communities. · www.ymcashr.org