


Y STARTER CLASSES™

Blocker Norfolk Family YMCA
312 West Bute Street
Norfolk, VA 23510
757-622-9622

Winter 2010

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
AM	Water Fitness Level I 8:00 - 9:00am Pool	Water Blast Multi-Level 6:00 - 7:00am Pool	Water Fitness Level I 8:00 - 9:00am Pool	Water Blast Multi-Level 6:00 - 7:00am Pool	Water Fitness Level I 8:00 - 9:00am Pool		
	Low Impact Level I 8:15 - 9:15am #201	Water Fitness Level I 8:00 - 9:00am Pool	Low Impact Level I 8:15 - 9:15am #201	Water Fitness Level I 8:00 - 9:00am Pool	Low Impact Level I 8:15 - 9:15am #201	Instructor Choice Multi-Level 9:00 - 10:00am Pool	
			Step Level I 9:15 - 10:00am #301		Zumba Level I 9:15 - 10:00am #301		Y Pilates Starter 10:00 - 10:30am #601
					Y-Pilates Level I 10:15 - 11:15am #601	Cycling Starter 10:15 - 11:00am #501	
Lunch					Classic Yoga Level I 12:15 - 1:00pm #601		
PM						Tai Chi Starter 1:00 - 1:30pm #601	
		Pilates Starter 4:00 - 4:30pm #601				Family Karate All levels welcome 2:30 - 4:30pm #202	
	Low Impact Level I 6:00 - 6:30pm #301	Y Pilates Level I 4:35 - 5:35pm #601	Step Level I 6:00 - 6:30pm #301				
	Body Design Level I 6:30 - 7:00pm #301		Body Design Level I 6:30 - 7:00pm #301				
	Water Blast Multi-Level 6:30 - 7:30pm Pool	20/20/20 Multi-Level 6:30 - 7:30pm Pool	Water Blast Multi-Level 6:30 - 7:30pm Pool	20/20/20 Multi-Level 6:30 - 7:30pm Pool	Water Blast Multi-Level 6:30 - 7:30pm Pool		
	Classic Yoga Starter 6:45 - 7:15pm #601		Classic Yoga Starter 6:45 - 7:15pm #601			Classes that consistently have fewer than 5 participants are subject to cancellation.	
	Flow Yoga Level I 7:30 - 8:15pm #601			Y Pilates Level I 7:15 - 8:00pm #601		 ACTIVATE AMERICA	