

Indian Boundary YMCA

Fitness Schedule for FREE classes

Spring II
April 15th -June 9th, 2012

MONDAY		
Time	Class	Instructor
5:30-6:30am	Indoor Cycling	Alt
5:30-6:30am	Fit Camp Fusion	Mary Jo
8:15 -9:00am	Ultimate Toning	Cecilia
9:00-10:00am	Nia	Catherine
9:00-10:00am	Indoor Cycling	Cecilia
9:00-10:00am	Step Circuit	Susan L
10:00-11:00am	Body Pump	Kathy
10:15-11:15am	Super Seniors	Donna
12:45-1:30pm	SS Cardio Circuit	Linda B
6:30-7:30pm	Indoor Cycling	Gary
7:30-8:30pm	Body Pump	Alt

Thursday		
Time	Class	Instructor
5:30-6:30am	Body Pump	Susan T
8:45-9:30am	Tums,Legs,Buns	Kathy
9:30-10:30am	TurboKick	Cecilia
11:45-12:30pm	Silver Sneakers	Karen
5:30-6:15pm	Zumba	Susan L
6:15-7:00pm	Extr Tums, Lgs, Buns	Katerina
7:00-8:00pm	The Mix	Michele

TUESDAY		
Time	Class	Instructor
5:30-6:30am	Body Pump	Martine
8:45-9:30am	Tums, Legs, Buns	Kathy
9:30-10:30am	Turbo Kick	Cecilia
11:45-12:30pm	Silver Sneakers	Alt.
5:30-6:15pm	Zumba	Susan L
6:15-7:00pm	Extr Tums, Lgs, Buns	Katerina
7:00-8:00pm	The Mix	Michele

Friday		
Time	Class	Instructor
5:30-6:30am	Indoor Cycling	Pascale
5:30-6:30am	Fit Camp Fusion	Jessica
8:15-9:00am	Ultimate Toning	Cecilia
9:00-10:00am	Zumba	Alt
9:00-10:00am	Nia	Catherine
9:00-10:00am	Indoor Cycling	Kathy
10:00-11:00am	Body Pump	katerina
10:15-11:15am	Super Seniors	Donna

WEDNESDAY		
Time	Class	Instructor
5:30-6:30am	Indoor Cycling	Kim
5:30-6:30am	Fit Camp Fusion	Angie
8:15-9:00am	Ultimate Toning	Kate
9:00-10:00am	Indoor Cycling	Susan L
9:00-10:00am	Zumba	Martine
10:00-11:00am	Body Pump	Cecilia
10:15-11:15am	Super Seniors	Susan L
12:45-1:30pm	SS Cardio Circuit	Karen
6:30-7:15pm	Indoor Cycling	Susan T
7:30-8:30pm	Body Pump	Susan T

Saturday		
Time	Class	Instructor
7:30-8:25am	Cycle	Gary
8:30 -9:25 am	TurboKick	Christy
9:30-10:30am	Body Pump	Alt.

Sunday		
Time	Class	Instructor
9:00-10:00am	Indoor Cycling	Alt
9:00-10:00am*	Body Pump	Alt
10:00-10:45am*	TLB	Kathy
10:45-11:45am*	Zumba	Martine

***Highlighted Sunday classes end after
April 29th**

Classes are free to members. Classes and instructors are subject to change. See back for class descriptions. Please contact Connie Laidlaw the Health and Fitness Director @ 630-929-2418 with any questions.

See reverse for Class Descriptions

Children age 12 and above may participate in a fitness class accompanied by a parent or adult, except for BodyPump which is age 16. Children under the age of 12 should not be unattended while an adult is participating in a fitness class.