



POWER PASS \$ 99

(Allows members to attend any PAID class as often as you want during the session for one fee)

Indian Boundary YMCA PAID Fitness Classes

Spring II

April 15th -June 9th, 2012

<u>Monday</u>		
Time	Class	Instructor
9:15-10:15am	Extreme Strength	Michele
6:00-7:00pm	Fitness Boxing	James
6:15-7:15pm	BCKB	TJ
6:30-7:30pm	Pilates	Martine
7:00-8:00pm	Fitness Boxing	James
7:30-8:30pm	Kettle Bells II	TJ
7:30-8:30pm	Hatha Yoga	Karen

<u>Thursday</u>		
Time	Class	Instructor
9:30-10:30	TBIC The Best In Cardio	Katerina
9:00-10:15am	Hatha Yoga	Donna
7:00-8:00pm	Pilates	Martine

<u>FRIDAY</u>		
9:15-10:15am	Extreme Strength	Michele

<u>Tuesday</u>		
9:30-10:30	TBIC The Best In Cardio	Katerina
10:30-11:30am	Hatha Yoga	Donna
5:30-6:30pm	Sculpt and Tone	Kathy
6:30-7:30pm	Pilates	Jessica

<u>Saturday</u>		
8:00-9:00am	Pilates	Chick
9:00-10:00am	Fitness Boxing	James

<u>Wednesday</u>		
9:15-10:15am	Extreme Strength	Michele
11:15-12:15pm	Gentle Pilates	Martine
6:00-7:00pm	Fitness Boxing	James
6:15-7:15pm	BCKB	TJ
7:00-8:00pm	Fitness Boxing	James
7:30-8:30 pm	Kettle Bells II	TJ

<u>SUNDAY</u>		
10:00-12:00pm	*Tri-Training	Jessica

TRX TRAINING CLASS SCHEDULE:

Monday 9:00-10:00am
 Tuesday 5:30-6:30am 9:00-10:00am 6:30-7:30pm
 Wed. 9:00-10:00am
 Thurs. 5:30-6:30am 9:00-10:00am 6:30-7:30pm
 Sat. 8:00-9:00am

TRX and Tri-Training are NOT included in the POWER PASS

If purchasing a Power Pass please be prepared to present receipt to instructor before class begins.

See brochure for pricing. Any questions please contact

Connie Laidlaw @ 630-929-2418

We reserve the right to cancel or change classes with low attendance.

Indian Boundary YMCA 711 59th St. Downers Grove IL. 60516