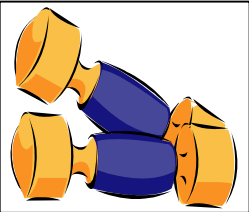



**LAND FITNESS SCHEDULE**  
**7/1/09-7/31/09**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00 AM Karry <b>PILATES</b>	5:45 AM Sam <b>Strength &amp; Agility Conditioning</b>	6:00 AM Karry <b>PILATES</b>	5:45 AM Sam <b>Strength &amp; Agility Conditioning</b>	6:00 AM Karry <b>PILATES</b>	
		9:15 AM MJ <b>Silver Sneakers Cardio Circuit</b>	9:15 AM <b>Gentle Body Sculpt</b> MJ		**9:00 AM MJ <b>Barbell Bootcamp</b>
10:15 AM MJ <b>Silver Sneakers MSROM</b>		10:30 AM Janna <b>Silver Sneakers MSROM</b>		10:15 AM MJ <b>Silver Sneakers MSROM</b>	*9:45 AM MJ <b>Butt Blast</b>
12:00 PM MJ <b>PowerPump</b>			12:00 PM Nancy <b>Yoga</b>	12:00 PM MJ <b>PowerPump</b>	
4:15 PM Nancy <b>Yoga</b>	5:15 PM Therese <b>Yoga</b>	4:15 PM Nancy <b>Yoga</b>	5:15 PM Nancy <b>Yoga</b>		
5:30 PM MJ <b>FULL BODY BLAST</b>	6:30 PM Toni <b>Total Body Conditioning  </b>	**5:30 PM Sam <b>Strength &amp; Agility Conditioning</b>	6:30 PM Toni <b>Total Body Conditioning  </b>		
6:30 PM Dana <b>cardio &amp; sculpt</b>	*7:30 PM Toni <b>Gentle Stretch</b>		*7:30 PM Toni <b>Gentle Stretch</b>		*30 Minute Class **45 Minute Class

All class descriptions on reverse side. ◇

All of our instructors hold certifications from the most reputable organizations. AFAA, ACE, ACSM and NETA  
The YMCA takes pride in hiring qualified individuals who, with specific training, will understand the importance of and exhibit the YMCA principles:

**Caring, Honesty, Respect and Responsibility**

THE UNLIMITED LAND FITNESS PROGRAM IS FREE TO ALL FACILITY MEMBERS!!!



Spin X Land Fitness  
Kickbox Bootcamp

Spin X ABs

Body Sculpt  
Body Sculpt  
Silver Sneakers  
MSROM

Cardio & sculpt  
Silver Sneakers

6:30 PM  
Toni  
Total Body  
Conditioning!

Full Body BLAST

Hip Hop  
Cardio Circuit + Sculpt

Yoga

