FITNESS SCHEDULE

OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
WALKAEROBICS 5:45-6:30 AM DANA		WALKAEROBICS 5:45-6:30 AM DANA		WALKAEROBICS 5:45-6:30 AM DANA	
STRETCH 'n FLEX 7:30 - 8:15 AM BONNIE	BODY STRONG-CORE 6:30 - 7:15 AM KRISTI	STRETCH 'n FLEX 7:30 - 8:15 AM MARY	PUMP IT UP 6:30-7:15 AM VALERIE	BODY STRONG-CORE 6:30 - 7:15 AM VALERIE	SATURDAY
BODY STRONG 8:30 - 9:00 AM DONNA	TAI CHI CHUAN 7:30 - 8:30 AM STEVEN	BODY STRONG 8:30 - 9:00 AM DONNA	TAI CHI CHUAN 7:30 - 8:30 AM STEVEN	BODY STRONG 8:30 - 9:00 AM MARINA	BOOT CAMP 7:30 - 8:30 AM DEE
PEDDLE 'n POWER 9:00 - 10:00 AM CHRIS	CORE STRETCH FLEX 8:30 - 9:00 AM DONNA		CORE STRETCH FLEX 8:30 - 9:00 AM MARINA		PILATES STRONG 9:00 - 10:00 AM MARINA
DRUMS ALIVE 9:15 - 10:00 AM DONNA	POWER TONE 9:15 - 10:00 AM TESS	BALANCE SUSPENSION 9:15 - 10:15 AM LARRY	BOSU 9:15 - 10:15 AM CHRIS	WEIGHTS 9:15 - 10:00 AM TESS	YOGA 9:00 - 10:15 AM VALERIE
SCUPLT AND BURN 9:00-10:00 AM MARINA	SENIOR FITNESS 9:15 - 10:00 AM DONNA	BOOM CARDIO 9:15-10:00 AM CARLA	SENIOR FITNESS 9:15 - 10:00 AM DONNA		H.I.I.T. SUSPENSION 10:30 - 11:00 AM SHAWNA
	NEUROFIT 10:00-11:00 AM DONNA / SUSAN		NEUROFIT 10:00-11:00 AM DONNA / SUSAN		BOSU 11:00-11:30 AM SHAWNA
ZUMBA 11:00 - NOON IANNA	WALKAEROBICS 10:10 - 10:40 AM DANA	ZUMBA 11:00 - NOON IANNA	WALKAEROBICS 10:20 - 10:50 AM DANA	ZUMBA 11:00 - NOON IANNA	SUNDAY
SILVERSNEAKERS 11:00 - 11:50 AM DONNA	KETTLEBELL 11:00 - NOON KEELEE	SILVERSNEAKERS 11:00 - 11:50 AM DONNA	KETTLEBELL 11:00 - NOON KEELEE		H.I.I.T. 12:15-12:45 PM TESS
TOTAL BODY FITNESS 12:10 - 12:50 PM JESSICA	SILVERSNEAKERS 11:05 - 11:55 AM BONNIE		SILVERSNEAKERS 11:05 - 11:55 AM JESSICA		STRENGTH TRAINING 1:00-1:45 PM TESS
CHAIR YOGA 12:00 - 1:00 PM CHRISTY	MEDITATION 12:15 - 12:45 PM STEVE	PILATES STRONG 12:15 - 12:45 PM MARINA	MEDITATION 12:15 - 12:45 PM STEVE	CHAIR YOGA 12:00 - 1:00 PM NATALIE	
SPIN 12:15 - 12:45 PM DEE	H.I.I.T 12:15 PM DEE	SPIN & SCULPT 12:10 - 12:50 PM DEE	H.I.I.T 12:15 PM DEE		
	POWER TONE 1:00 - 1:45 PM TESS	CHAIR YOGA/TAI CHI 12:00 - 1:00 PM LARRY	POWER TONE 1:00 - 1:45 PM TESS		
VINYASA YOGA 5:15 - 6:00 PM CHRISTY	H.I.I.T 5:10-5:50 PM JESSICA	HATHA YOGA 5:15 - 6:30 PM CHRISTY	H.I.I.T 5:10-5:50 PM JESSICA		
BOSU 4:30 - 5:00 PM STEPHENIE		BOSU 4:30 - 5:00 PM STEPHENIE		H.I.I.T. 4:30-5:00 PM TESS	
SUSPENSION 5:15 - 6:00 PM TESS	ZUMBA 5:15 - 6:00 PM CHERIE	SUSPENSION 5:15 - 6:00 PM DEE	ZUMBA 5:15 - 6:00 PM LISA	WEIGHTS 5:15-6:00 PM TESS	
QUICKPUMP 6:05 - 6:35 PM MARIAH	TABATA 6:05 - 6:35 PM MARIAH	QUICKPUMP 6:05 - 6:35 PM MARIAH	TABATA 6:05-6:35 PM MARIAH		

ROOM KEY

COMMUNITY CENTER	FREE WEIGHT ROOM
FRONTIER ROOM	CYCLING ROOM

Periodically an instructor finds they unexpectedly are unable to teach. We do our best to procure a substitute, but there are times when it is not possible and a class can not be held.

LIKE us on Facebook to STAY UP TO DATE!

Cheyenne Family YMCA 1426 E Lincolnway www.cheyenneymca.org 307.634.9622