


Sheinberg Family YMCA of Weston Adult ^ Group Fitness Schedule

Time	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	
5:15 AM	Boot Camp** MARIA	Final Cut ANDREA	Boot Camp KRISTIN	Pump It Up KRISTIN	Boot Camp** MARIA		EFFECTIVE 1/1/2010	
7:00 AM		Hatha Yoga LILLIAN		Hatha Yoga LILLIAN	**Meet outside in the front parking lot.			
7:30 AM			30 min. class			Boot Camp GUSTAVO		
8:00 AM		Step BETH	Core Strength # BETH	Latin Explosion BETH				
8:30 AM	Pump It Up ISABEL	Cool Runner NANCY 9 am	Cardio Circuit BETH	Cool Runner NANCY 9 am	Lower Body Busters KATE	☉ Pump It Up KRISTIN	Cardio Box ISABEL	
9:00 AM		Power Yoga REBECCA	Total Definition PAULA (G)	Power Pilates DAWN	Total Definition PAULA (G)			
9:30 AM	Power Step / Zumba DANA / ISABEL(G)		Pilates ROSIE	Zumba LUZ (G)		Pilates / Zumba ROSIE / ISABEL (G)	Step BETH	Pump It Up ISABEL
10:15 AM		Just Pump TOBY	Tai Chi CARY 10 am		Just Pump NANCY			
10:30 AM	Hatha Yoga REBECCA		Boot Camp CARRIE		CardioBox ISABEL	Power Yoga KAREN 90Mmin.	☉ Zumba ISABEL	
11:30 AM	Silver Sneakers* MELISSA	Hatha Yoga LILLIAN	Silver Sneakers* / Stretch KAREN / SALLY	Hatha Yoga LILLIAN 75min.	Silver Sneakers II* / Stretch ISABEL / JENNA		Vinyasa Flow Yoga LISA 90min.	
12:30 PM		Gentle Yoga LILLIAN		Gentle Yoga LILLIAN 12:45pm	Silver Sneakers Yoga Stretch* ISABEL (Teen Center)	Classes are 55 minutes		
3:30 PM		Cardio Circuit CATRIN						
4:30 PM	Boot Camp LORI	Pump It Up ISABEL	Cardio Box CATRIN	Pump It Up ISABEL	Hatha Yoga KAREN	(G-Gym)		
5:30 PM	Pilates DAWN	☉ Zumba ISABEL	Zumba DIANA	☉ Zumba ISABEL	Pump It Up KRISTIN	*Silver Sneakers classes open to	**Meet outside in the front parking lot.	
6:30 PM	Just Pump KRISTIN	Zumba BLANCA	Ultimate Bootcamp FRANK 6:45pm	Just Pump REBECCA	Cardio Circuit ISABEL	Core Strength# ROSIE 30 min. class	☉ Members must sign up at Wellness Desk up to one hour prior to class time.	^Ages 16 and older
7:30 PM	Advanced Boot Camp GUSTAVO	Power Yoga RENEE	Advanced Boot Camp GUSTAVO	Power Yoga LILLIAN	#Please warm up be- fore attending these 30minute classes.			