

# the **AEROBICS/CYCLING**

FOR YOUTH DEVELOPMENT, FOR HEALTHY LIVING, FOR SOCIAL RESPONSIBILITY

## 2012 Fitness Class Schedule

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Cycling 6-6:45 AM			Cycling 6-6:45 AM	
Cycling 9-9:45 AM	9:30-10:30AM Bodies in Motion Cassie	9:30 -10:30 AM Crystal'ates	9:30-10:30AM Step Interval Stephanie	9:30-10:30 AM Crystal'ates	9:30-10:30AM Body Shop Cassie	Toning 9-10 AM Sherry
Beginner Cycling 10-10:30 AM	10-11 AM Water Aerobics w/Crystal	12:15-1PM Cycling	10-11AM Water Aerobics w/Crystal	12:15-1PM Cycling	10-11AM Water Aerobics	9:15-10 AM Cycling
	Crystal'ates 5-6PM		<i>Adaptive Dance</i> 4-4:45		CardioBoxing 4:45-6PM Jason	ZUMBA 10:00- 11:00 AM
			Crystal'ates 5-6PM			
	CardioBoxing 6:15-7:15 PM Jason	5:15 - 6:15 PM Stretch & Sculpt Sheryl		5:15 - 6:15 PM Stretch & Sculpt Sheryl	<i>AQUA ZUMBA</i> 5-6PM Lori	
	6:15-7PM Cycling	6:15-7PM Cycling	ZUMBA 6:00-7:00PM			
Updated 1/5/12	7:30-8:30 PM Vinyasa Yoga w/Jeannine		6:15-7PM Cycling			

CORTLAND COUNTY FAMILY YMCA  
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