

		<b>YMCA OF THE COASTAL BEND</b> <b>WELLNESS SCHEDULE 2017</b>				<b>FOR YOUTH DEVELOPMENT</b> <b>FOR HEALTHY LIVING</b> <b>FOR SOCIAL RESPONSIBILITY</b>	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 AM-6:45 AM	<b>Cycling</b> (Cycle RM) Yvonne	<b>Core/Circuit</b> (Aerobics RM) Jamie	<b>Cycling</b> (Cycle RM) Yvonne	<b>Stength/ YOGA</b> (Aerobics RM) Jamie			
6:00 AM-7:00 AM			<b>Sunrise YOGA</b> (Aerobics RM) K.B.				
8:00 AM-9:00 AM		<b>Silver Sneakers YOGA®</b> (Community RM) Melinda		<b>Zumba Gold®</b> (Community RM) Elena	<b>Silver Sneakers®</b> (Community RM) Elena		
9:00 AM-10:00 AM	<b>Silver Sneakers®</b> (Community RM) Melinda		<b>Silver Sneakers®</b> (Community RM) Nancy G.			<b>Zumba®</b> (Aerobics RM) Elena	
	<b>Aqua ZUMBA®</b> (Pool) Elena	<b>Aqua ZUMBA®</b> (Pool) Elena	<b>Aqua ZUMBA®</b> (Pool) Elena	<b>Aqua ZUMBA®</b> (Pool) Elena	<b>Aqua ZUMBA®</b> (Pool) Elena		
10:00 AM-11:00 AM						<b>Body Pump</b> (Community RM) Sharon	
11:00 AM-12:00 PM						<b>Yoga Tune Up</b> (Aerobics RM) Manny	
12:00 PM-1:00 PM	<b>Core/Circuit</b> (Aerobics RM) Maria	<b>H.I.I.T.</b> (Community RM) Josh	<b>Core/Circuit</b> (Aerobics RM) Maria	<b>H.I.I.T.</b> (Community RM) Josh	<b>Core/Circuit</b> (Aerobics RM) Maria		
		<b>Body Pump</b> (Aerobics RM) Courtney		<b>Body Pump</b> (Aerobics RM) Nancy			
1:30 PM-2:30 PM		<b>Zumba Gold®</b> (Community RM) John M.		<b>Zumba Gold®</b> (Community RM) John M.			
3:00 PM-4:00 PM							<b>Zumba®</b> (Aerobics RM) Fernando
5:30 PM-6:30 PM	<b>Zumba®</b> (Aerobics RM) Elena	<b>Zumba®</b> (Aerobics RM) Fernando	<b>Zumba®</b> (Aerobics RM) Elena	<b>Zumba®</b> (Aerobics RM) Fernando	<b>Zumba®</b> (Aerobics RM) Frank		
	<b>Body Pump</b> (Community RM) Dolly	<b>Cycling</b> (Cycle RM) Adam	<b>Body Pump</b> (Community RM) April	<b>Cycling</b> (Cycle RM) Laura	<b>Body Pump</b> (Community RM) Dolly		
			<b>Boot Camp</b> (The Dungeon) Jorge	<b>Piloxing</b> (Community RM) Jennifer/Analisa			
	<b>Water Aerobics</b> (Pool) Rebecca		<b>Water Aerobics</b> (Pool) Vicki		<b>Aqua ZUMBA®</b> (Pool) Elena		
6:00 PM-7:00 PM		<b>Piloxing</b> (Community RM) Yvonne					
6:35 PM-7:35 PM	<b>Kick Boxing</b> (Community RM) Jorge						
6:45 PM-7:45 PM	<b>Sunset YOGA</b> (Aerobics RM) Nancy R.		<b>Sunset YOGA</b> (Aerobics RM) Armando				

Schedule is subject to change, as of August 31, 2017