

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

Schedule is subject to change, as of Sept 30, 2017