

	YMCA OF THE COASTAL BEND WELLNESS SCHEDULE 2018					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	Core/Circuit (Aerobics RM) Jamie			
6:00 AM-7:00 AM							
8:00 AM-9:00 AM	Zumba Gold® (Community RM) Elena				Silver Sneakers® (Community RM) Elena		
9:00 AM-10:00 AM		Silver Sneakers®Classic (Community RM) Manny	Silver Sneakers® (Community RM) Nancy G.	Silver Sneakers®Yoga (Community RM)		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	H.I.I.T (Community RM) Maria	Core/Circuit (Aerobics RM) Maria	H.I.I.T (Community RM) Maria	Core/Circuit (Aerobics RM) Maria		
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) Laura	Cycling (Cycle RM) Laura	Body Pump (Community RM) Dolly		
	Boot Camp (The Dungeon) Jorge		Boot Camp (The Dungeon) Jorge				
	Water Aerobics (Pool) Rebecca		Water Aerobics (Pool) Vicki		Aqua ZUMBA® (Pool) Elena		
6:00 PM-7:00 PM		Piloxing (Community RM) Yvonne		Piloxing (Community RM) Analisa/Jennifer			
6:45 PM-7:45 PM	Sunset YOGA (Aerobics RM) Nancy R.		Sunset YOGA (Aerobics RM) Armando				