



Y's Health



MONTGOMERY
YMCA

Grandview Group Exercise Classes

June 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1	2	3	4
8:30 am HEAT 9:45 am Fit for Life	8:00 am Cyle 9:45 am Water	8:30 am BodyPump 9:45 am Fit for Life	8:30 am Cycle 9:45 am Water	8:30 am HEAT 9:45 am Fit for Life	8:30 am Cycle 9:30 am BodyPump
5:00 pm HEAT 6:00 pm BodyPump 6:00 pm Cycle	6:00 pm Interval 6:00 pm Cycling	5:00 pm HEAT 5:30 pm Cycle	6:00 pm BodyPump 6:00 pm Cycle	5:30 Water	
	7	8	9	10	11
8:30 am HEAT 9:45 am Fit for Life	8:00 am Cyle 9:45 am Water	8:30 am BodyPump 9:45 am Fit for Life	8:30 am Cycle 9:45 am Water	8:30 am HEAT 9:45 am Fit for Life	8:30 am Cycle 9:30 am BodyPump
5:00 pm HEAT 6:00 pm BodyPump 6:00 pm Cycle	6:00 pm Interval 6:00 pm Cycling	5:00 pm HEAT 5:30 pm Cycle	6:00 pm BodyPump 6:00 pm Cycle	5:30 Water	
	14	15	16	17	18
8:30 am HEAT 9:45 am Fit for Life	8:00 am Cyle 9:45 am Water	8:30 am BodyPump 9:45 am Fit for Life	8:30 am Cycle 9:45 am Water	8:30 am HEAT 9:45 am Fit for Life	8:30 am Cycle 9:30 am BodyPump
5:00 pm HEAT 6:00 pm BodyPump 6:00 pm Cycle	6:00 pm Interval 6:00 pm Cycling	5:00 pm HEAT 5:30 pm Cycle	6:00 pm BodyPump 6:00 pm Cycle	5:30 Water	
	21	22	23	24	25
8:30 am HEAT 9:45 am Fit for Life	8:00 am Cyle 9:45 am Water	8:30 am BodyPump 9:45 am Fit for Life	8:30 am Cycle 9:45 am Water	8:30 am HEAT 9:45 am Fit for Life	8:30 am Cycle 9:30 am BodyPump
5:00 pm HEAT 6:00 pm BodyPump 6:00 pm Cycle	6:00 pm Interval 6:00 pm Cycling	5:00 pm HEAT 5:30 pm Cycle	6:00 pm BodyPump 6:00 pm Cycle	5:30 Water	
	28	29	30		
8:30 am HEAT 9:45 am Fit for Life	8:00 am Cyle 9:45 am Water	8:30 am BodyPump 9:45 am Fit for Life			
5:00 pm HEAT 6:00 pm BodyPump 6:00 pm Cycle	6:00 pm Interval 6:00 pm Cycling	5:00 pm HEAT 5:30 pm Cycle			

CHILDWATCH HOURS: MONDAY - FRIDAY 8 - 10 AM, MONDAY - THURSDAY 4 - 7 PM, SATURDAY 8:30 - 10:30

