



Southeast YMCA Fitness Class Schedule July 2010

Thursday 1st						Friday 2nd								
8:15 am CS Peggy						8:15 am CS Peggy								
9:15 am Yoga / Pilates Peggy						9:15 am Yoga / Pilates Peggy								
8:00 am Step Tammie						8:00 am Step Tammie								
9:15am Fit for Life Tammie						9:15am Fit for Life Tammie								
6:30pm Pilates Connie						6:00pm BodyPump Gino								
6:30 pm Pilates Laura						6:30 pm Pilates Laura								
Monday 5th			Tuesday 6th			Wednesday 7th			Thursday 8th			Friday 9th		
5:30am Boot Camp			8:15 am CS Peggy			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp		
Tangie (register at front desk)			9:15 am Yoga / Pilates Peggy			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)		
8:00 am Step Tammie						8:00 am Step Tammie			9:15 am Yoga / Pilates Peggy			8:00 am Step Tammie		
9:15am Fit for Life Tammie						9:15am Fit for Life Tammie						9:15am Fit for Life Tammie		
6:00pm BodyPump Rob			6:30pm Pilates Connie			6:00pm BodyPump Gino			6:30 pm Pilates Laura					
6:30 pm Pilates Laura						6:30 pm Pilates Laura								
Monday 12th			Tuesday 13th			Wednesday 14th			Thursday 15th			Friday 16th		
5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp		
Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)		
8:00 am Step Tammie			8:15 am CS Peggy			8:00 am Step Tammie			9:15 am Yoga / Pilates Peggy			8:00 am Step Tammie		
9:15am Fit for Life Tammie			9:15 am Yoga / Pilates Peggy			9:15am Fit for Life Tammie						9:15am Fit for Life Tammie		
6:00pm BodyPump Anita			6:30pm Pilates Connie			6:00pm BodyPump Gino			6:30 pm Pilates Laura					
6:30 pm Pilates Laura						6:30 pm Pilates Laura								
Monday 19th			Tuesday 20th			Wednesday 21st			Thursday 22nd			Friday 23rd		
5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp		
Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)		
8:00 am Step Tammie			8:15 am CS Peggy			8:00 am Step Tammie			9:15 am Yoga / Pilates Peggy			8:00 am Step Tammie		
9:15am Fit for Life Tammie			9:15 am Yoga / Pilates Peggy			9:15am Fit for Life Tammie						9:15am Fit for Life Tammie		
6:00pm BodyPump Rob			6:30 pm Pilates Connie			6:00pm BodyPump Gino			6:30 pm Pilates Laura					
6:30 pm Pilates Laura						6:30 pm Pilates Laura								
Monday 26th			Tuesday 27th			Wednesday 28th			Thursday 29th			Friday 30th		
5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp			5:30am Boot Camp		
Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)			Tangie (register at front desk)		
8:00 am Step Tammie			8:15 am CS Peggy			8:00 am Step Tammie			9:15 am Yoga / Pilates Peggy			8:00 am Step Tammie		
9:15am Fit for Life Tammie			9:15 am Yoga / Pilates Peggy			9:15am Fit for Life Tammie						9:15am Fit for Life Tammie		
6:00pm BodyPump Anita			6:30 pm Pilates Connie			6:00pm BodyPump Gino			6:30 pm Pilates Laura					
6:30 pm Pilates Laura						6:30 pm Pilates Laura								