East Family Branch YMCA Fitness Class Schedule February 2010

MONTGOMERY YMCA

	1	2	3	4	5	6
	5:15 CY Casie	5:00 Bodypump Rob	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Casie	
						8:00 Cycling Rob
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Anita
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Carmen		
	5:45CY Casie	5:45CY Carmen	5:45CY Carmen	5:45CY Casie		
	6:00 Zumba Brian	6:00 BodyPump Gino	6:00 Zumba Brian	6:00 BodyPump Rob		
7	8	9	10	11	12	13
	5:15 CY Rob	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Carmen	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Gino
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Casie		
	5:45CY Casie	5:45CY Carmen	5:45CY Carmen	5:45CY Casie		
	6:00 Zumba Brian	6:00 BodyPump Gena	6:00 Zumba Brian	6:00 BodyPump Rob		
#	15	16	17	18	19	20
	5:15 CY Casie	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Casie	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Rob
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Carmen		
	5:45CY Casie	5:45CY Carmen	5:45CY Carmen	5:45CY Casie		
	6:00 Zumba Brian	6:00 BodyPump Anita	6:00 Zumba Brian	6:00 BodyPump Sherry R.		
#	22	23	24	25	26	27
	5:15 CY Rob	5:00 H.E.A.T Brooke	5:15 CY Rob	5:00 BodyPump Gena	5:15 CY Carmen	
		8:00 CY Brooke		8:00 CY Brooke		8:00 Cycling Casie
	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	8:30 BodyPump Anita	8:30 20/20/20 Joanna	
						9:15 BodyPump Gino
		11:00 Fit for Life Charlene		11:00 Fit for Life Charlene		
		5:00 CY Tangie		5:00 CY Casie		
	5:45CY Casie	5:45CY Carmen	5:45CY Carmen	5:45CY Casie		
	6:00 Zumba Brian	6:00 BodyPump Gino	6:00 Zumba Brian	6:00 BodyPump Rob		
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