



Y's Health



MONTGOMERY
YMCA

Grandview Group Exercise Classes

July 2009

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3
		8:30 am BodyPump 9:40 am ROM 6:00 pm Abs Plus	8:30 am Cycle 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Interval 9:40 am Fit for Life	Holiday (No Classes)
	6	7	8	9	10
8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm BodyPump 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Kickbox 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm TurboKick	8:30 am BodyPump 9:40 am ROM 6:00 pm Abs Plus	8:30 am Cycle 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Interval 9:40 am Fit for Life	8:30 am Cycle 9:30 am Bodypump
	13	14	15	16	17
8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm BodyPump 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Kickbox 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm TurboKick	8:30 am BodyPump 9:40 am ROM 6:00 pm Abs Plus	8:30 am Cycle 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Interval 9:40 am Fit for Life	No Classes Instructor In-Service Training
	20	21	22	23	24
8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm BodyPump 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Kickbox 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm TurboKick	8:30 am BodyPump 9:40 am ROM 6:00 pm Abs Plus	8:30 am Cycle 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Interval 9:40 am Fit for Life	8:30 am BODYPUMP 70 9:30 am BODYPUMP 70
	27	28	29	30	31
8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm BodyPump 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Kickbox 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm TurboKick	8:30 am BodyPump 9:40 am ROM 6:00 pm Abs Plus	8:30 am Cycle 9:30 am Water 5:30 pm Water 6:00 pm Cycle 6:00 pm BodyPump	8:30 am Interval 9:40 am Fit for Life	

CHILDWATCH HOURS:

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

