



Y's Health



MONTGOMERY
YMCA

Grandview Group Exercise Classes

March 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm H.E.A.T. 6:00 pm Cycle 6:00 pm BodyPump	2 8:30 am Cycle 6:00 pm Interval 6:00 pm Cycle	3 8:30 am BodyPump 9:40 am ROM 5:00 pm H.E.A.T. 6:00 pm Abs Plus	4 8:30 am Cycle 8:30 Interval 6:00 pm BodyPump 6:00 pm Cycle	5 8:30 am H.E.A.T. 9:40 am Fit for Life 6:00 pm Cycle	6 8:30 am Cycle 9:40 am BodyPump
8 8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm H.E.A.T. 6:00 pm Cycle 6:00 pm BodyPump	9 8:30 am Cycle 6:00 pm Interval 6:00 pm Cycle	10 8:30 am BodyPump 9:40 am ROM 5:00 pm H.E.A.T. 6:00 pm Abs Plus	11 8:30 am Cycle 8:30 Interval 6:00 pm BodyPump 6:00 pm Cycle	12 8:30 am H.E.A.T. 9:40 am Fit for Life 6:00 pm Cycle	13 8:30 am Cycle 9:40 am BodyPump
15 8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm H.E.A.T. 6:00 pm Cycle 6:00 pm BodyPump	16 8:30 am Cycle 6:00 pm Interval 6:00 pm Cycle	17 8:30 am BodyPump 9:40 am ROM 5:00 pm H.E.A.T. 6:00 pm Abs Plus	18 8:30 am Cycle 6:00 pm BodyPump 6:00 pm Cycle	19 8:30 am H.E.A.T. 9:40 am Fit for Life 6:00 pm Cycle	20 8:30 am Cycle 9:40 am BodyPump
22 8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm H.E.A.T. 6:00 pm Cycle 6:00 pm BodyPump	23 8:30 am Cycle 6:00 pm Interval 6:00 pm Cycle	24 8:30 am BodyPump 9:40 am ROM 5:00 pm H.E.A.T. 6:00 pm Abs Plus	25 8:30 am Cycle 8:30 Interval 6:00 pm BodyPump 6:00 pm Cycle	26 8:30 am H.E.A.T. 9:40 am Fit for Life 6:00 pm Cycle	27 8:30 am Cycle 9:40 am BodyPump
29 8:30 am H.E.A.T. 9:40 am Fit for Life 5:00 pm H.E.A.T. 6:00 pm Cycle 6:00 pm BodyPump	30 8:30 am Cycle 6:00 pm Interval 6:00 pm Cycle	31 8:30 am BodyPump 9:40 am ROM 5:00 pm H.E.A.T. 6:00 pm Abs Plus			

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

