

Kershaw YMCA Group Exercise Schedule

August 31 - October 3 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump Tawney Harris		5:30 PM Body Pump Sharon Wahl		
	5:30-6:30pm Step Aerobics		5:30-6:30pm Step Aerobics			
6	7	8	9	10	11	12
	Labor Day Holiday No Classes	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump Tawney Harris		5:30 PM Body Pump Brooke Batten		
			5:30-6:30pm Step Aerobics			
13	14	15	16	17	18	19
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump Tawney Harris		5:30 PM Body Pump Sharon Wahl		
	5:30-6:30pm Step Aerobics		5:30-6:30pm Step Aerobics			
20	21	22	23	24	25	26
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump Tawney Harris		5:30 PM Body Pump Brooke Batten		
	5:30-6:30pm Step Aerobics		5:30-6:30pm Step Aerobics			
27	28	29	30	1	2	3
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump Tawney Harris		5:30 PM Body Pump Sharon Wahl		
	5:30-6:30pm Step Aerobics		5:30-6:30pm Step Aerobics			