



## Southeast YMCA Fitness Class Schedule February 2010

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>
Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)
<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
<b>6:00pm BodyPump Anita</b>	<b>6:30pm Pilates Connie</b>	<b>6:00pm BodyPump Gino</b>	<b>6:30 pm Pilates Laura</b>	
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>
Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)
<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
<b>6:00pm BodyPump Pam</b>	<b>6:30pm Pilates Connie</b>	<b>6:00pm BodyPump Gino</b>	<b>6:30 pm Pilates Laura</b>	
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>
Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)
<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
<b>6:00pm BodyPump Anita</b>	<b>6:30pm Pilates Connie</b>	<b>6:00pm BodyPump Gino</b>	<b>6:30 pm Pilates Laura</b>	
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>	<b>8:15 am CS Peggy</b>	<b>5:30am Boot Camp</b>
Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)
<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>		<b>8:00 am Step Tammie</b>
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
<b>6:00pm BodyPump Pam</b>	<b>6:30 pm Pilates Connie</b>	<b>6:00pm BodyPump Gino</b>	<b>6:30 pm Pilates Laura</b>	