



Southeast YMCA Fitness Class Schedule March 2010

Monday 1st	Tuesday 2nd	Wednesday 3rd	Thursday 4th	Friday 5th
5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp
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)
8:00 am Step Tammie		8:00 am Step Tammie		8:00 am Step Tammie
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
6:00pm BodyPump Anita	6:30pm Pilates Connie	6:00pm BodyPump Gino	6:30 pm Pilates Laura	
Monday 8th	Tuesday 9th	Wednesday 10th	Thursday 11th	Friday 12th
5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp
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)
8:00 am Step Tammie		8:00 am Step Tammie		8:00 am Step Tammie
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
6:00pm BodyPump Pam	6:30pm Pilates Connie	6:00pm BodyPump Gino	6:30 pm Pilates Laura	
Monday 15th	Tuesday 16th	Wednesday 17th	Thursday 18th	Friday 19th
5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp
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)
8:00 am Step Tammie		8:00 am Step Tammie		8:00 am Step Tammie
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
6:00pm BodyPump Anita	6:30pm Pilates Connie	6:00pm BodyPump Gino	6:30 pm Pilates Laura	
Monday 22nd	Tuesday 23rd	Wednesday 24th	Thursday 25th	Friday 26th
5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp
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)
8:00 am Step Tammie		8:00 am Step Tammie		8:00 am Step Tammie
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		9:15am Fit for Life Tammie
6:00pm BodyPump Pam	6:30 pm Pilates Connie	6:00pm BodyPump Gino	6:30 pm Pilates Laura	
Monday 29th	Tuesday 30th	Wednesday 31st		
5:30am Boot Camp	8:15 am CS Peggy	5:30am Boot Camp		
Tangie (register at front desk)	9:15 am Yoga / Pilates Peggy	Tangie (register at front desk)		
8:00 am Step Tammie		8:00 am Step Tammie		
9:15am Fit for Life Tammie		9:15am Fit for Life Tammie		
6:00pm BodyPump Anita	6:30 pm Pilates Connie	6:00pm BodyPump Gino		