

Fitness Class Schedule Summer 1 (6/14/9--7/19/09)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30 am-9:00 am Zumba Tone Dance Studio Susan	9:15 am-10:00 am Mat Pilates Dance Studio Laura	6:00 am-6:45 am Group Cycling Wellness Studio Julie		6:00 am-6:45 am Group Cycling Wellness Studio Julie	9:00 am-10:00 am Flow Yoga Dance Studio Nicole	8:00 am- 9:00 am Combat Core Small Gym \$9 per class James
9:00 am-9:30 am Zumba Express Dance Studio Susan	10:00 am-11:00 am Step Small Gym Carol	10:00 am-11:00 am Cardio Burn Small Gym Carol	10:00 am-11:00 am Step Small Gym Carol	9:15 am-10:00 am Intermediate Pilates Dance Studio Laura	10:00 am-11:00 am Cardio Burn Small Gym Carol	9:00 am-10:00 am Intermediate PIYO Dance Studio Jenn
9:30 am-10:30 am Mat Pilates Dance Studio Rose		11:15 am-12:15 pm Hatha Yoga Small Gym Cathy				10:10 am-11:10 am Step Dance Studio Andy/Rose
	11:30 am-12:15 pm Silver Sneakers Dance Studio Cathy	11:30 am-12:15 pm Silver Sneakers Dance Studio Anna Jayne		11:30 pm-12:15 pm Silver Sneakers Dance Studio Cathy		11:15 am-12:15 am Pilates Sculpt Dance Studio Lisa
*This schedule is subject to change due to low attendance.	6:00 pm-7:00 pm Group Cycling Wellness Center Kathy	6:00 pm-7:00 pm Step Large Gym Rose	6:00 pm-7:00 pm Group Cycling Wellness Center Susan	6:00 pm-7:00pm Pump It Up Dance Studio Donna	6:00 pm-7:00 pm Group Cycling Wellness Center Susan	
	6:00 pm-7:00 pm Yoga Dance Studio Nicole		6:00 pm-7:00 pm PIYO/Pilates Dance Studio Jenn/Lisa ***			
	7:00 pm-8:00 pm Pump-it-up Dance Studio Jenn		***PIYO June 17, July 8 and July 15 Pilates June 24 & July 1			
Irving Park YMCA		4251 W. Irving Park Rd.		773-777-7500		www.irvingparkymca.org

