

Summer 1 Fitness Class Schedule* (06/15/08-7/19/08)

*updated 6/20/08

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15-10:15am Mat Pilates Dance Studio Rose		6:00-7:00a.m. Group Cycling Wellness Studio Kathy		6:00-7:00a.m. Group Cycling Wellness Studio Kathy		8:00 am- 9:00am Combat Core Personal Training Studio \$6 per class James
	10:00-11:00am Step Small Gym Carol	10:00-11:00am Cardio Burn Small Gym Carol	10:00-11:00am Step Small Gym Carol	9:15-10:00am Mat Pilates Dance Studio Laura	10:00-11:00am Cardio Burn Dance Room Carol	9:00-10:00a.m. PIYO Dance Studio Jenn
	11:30-12:15pm Silver Sneakers Dance Studio Cathy	11:30-12:15p.m. Silver Sneakers Dance Studio AnnaJayne		11:30-12:15pm Silver Sneakers Dance Studio Cathy		10:00-11:00am Step Dance Studio Andy/Rose
		11:15-12:15pm Hatha Yoga Small Gym Cathy				
		5:15-6:00pm Jr. Fit Large Gym David	6:00 pm-7:00pm Mat Pilates Dance Studio Lisa	5:15-6:00pm Jr. Fit Large Gym David		
	6:00-7:00pm Group Cycling Wellness Center Kathy	6:15-7:15 p.m. Step 7:15-7:30 Gutts and Butts Dance Studio Rose	6p-7p Group Cycling Wellness Center Kathy	615-7:15p.m. Turbokick Guts and Butts 7:15-7:30p.m. Dance Studio Jackie	6p-7p Group Cycling Wellness Center Kathy	
	6:00-7:00p.m. Flow Yoga Dance Studio Nicole		7:15-8:15pm Flow Yoga Dance Studio Nicole			
	Irving Park YMCA	4251 W. Irving Park Rd.		773-777-7500	www.irvingparkymca.org	