



**North Augusta Family Y
Wellness Class Schedule
January 2012**

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

*** Means the program has a fee included. Please see Front Desk Staff Team for more information about these programs.

Trekking - Is a cardio class done on Ellipticals, AMT machines and Treadmills. This class is 45minutes in length.

<u>Time of Class</u>	<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>	<u>SATURDAY</u>
5:15am	R.E.P w/ Harold	Cycle w/ Harold		R.E.P w/ Harold	Cycle w/ Harold	
8:30am	Trekking w/ Christa	Pilates w/ Christa	Cardio Strength w/ Christa	Pilates w/ Christa		Cycle/Trekking Rotation
9:30am	Strength/Core Training w/ Christa	Zumba w/ Nanani	Cycle w/ JanJee		Cycle w/ Christa	R.E.P/Strength Rotation
10:30am					30mins Core Training w/ Christa	Yoga/Pilates Rotation
11:00am	SilverSneakers w/ Wendy	Fit After 50 w/ Wendy	SilverSneakers w/ Wendy	Fit After 50 w/ Wendy	SilverSneakers w/ Jenny Lou	
12:15pm	Yoga Chair w/ Jenny Lou	Pilate w/ a Pur- pose w/ Jenny Lou		Pilates w/ a Pur- pose w/ Jenny Lou		
4:00pm	Pilates w/ Jenny Lou Creative Arts *Pay Program*	Ballet *Pay Program*	Kids Cardio/Yoga Mix w/ Bethany Y World of Sports *Pay Program*	Pilates w/ Jenny Lou		
4:30pm	Cardio Kickboxing w/ Christa		Cardio Kickboxing w/ Christa			
5:30pm	Step w/ Maggie	Yoga Flow w/ Bethany Pilates Fusion w/ Christa	Trekking w/ Dor Yoga w/ Beth	Yoga w/ Beth Pilates Fusion w/ Christa	Trekking w/ Dor	



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5:45pm	**Tae Kwon Do**					
6:00pm	Trekking w/ Dor	Cycle w/ Dor/Janet		Cycle w/ Dor	Zumba w/ Evelyn	
6:30pm	R.E.P w/ Harold	Zumba w/ Evelyn/Judy	Total Body Strength w/ Dor	**Tae Kwon Do**		
7:00pm	Zumba w/ Judy		Zumba April/Judy		Ball Room Dance w/ Haley	