

NORTH JEFFERSON FAMILY YMCA

CLASS SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday
8:00 AM	8:30 Yoga Fusion Judy Giles		8:30 Yoga Fusion Judy Giles		8:30 Beginner Yoga Judy Giles
9:00 AM		9:00 Zumba Loyrett Cain			
10:00 AM					
11:00 AM					
12:00PM		12:15 Awesome Abs and Arms Bristol Tiller		12:15 Awesome Abs and Arms Bristol Tiller	
5:00 PM	5:45 Weight Loss Combo Anita Trujillo 5:45 Kardio Kidz Staff	5:45 Yogalates Rachel Welch 5:45 Kardio Kidz Staff		5:45 Yogalates Rachel Welch 5:45 Zumba Loyrett Cain	
6:00 PM		6:45 Crossfit Tony Wynn			
7:00 PM					

Revised 6/28/10



We build strong kids, strong families, strong communities.