



Mid-Willamette Family YMCA Land Fitness Schedule
Winter 2010



	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/Sunday
5:30AM	Indoor Cycling 5:30 am—6:15 am (Theresa)		Indoor Cycling 5:30 am—6:15 am (Jim)		Indoor Cycling 5:30 am—6:15 am (Theresa)	
7:45AM			Beginning Tai Chi 7:45-8:45am (Joe)		Beginning Tai Chi 7:45-8:45 (Joe)	
9:00AM						
9:15 AM	Senior Strength Training *		Senior Strength Training *		Senior Strength Training *	
9:30AM	9:15– 10:25 AM (Meschelle)		9:15– 10:25 AM (Meschelle)		9:15– 10:25 AM (Meschelle)	
10:30 AM	Abs, Back and Center Core 10:35-11:35am (Bobbi Jo)		Abs, Back and Center Core 10:35-11:35am (Bobbi Jo)		Abs, Back and Center Core 10:35-11:35am (Bobbi Jo)	
11 AM	Senior Strength Training * 11– 12:15 PM (Meschelle)	Bones & Balance 11:00 –11:50AM (Angela)	Senior Strength Training * 11 AM– 12:15PM (Meschelle)	Bones & Balance 11:00 –11:50AM (Angela)	Senior Strength Training* 11 AM– 12:15PM (Meschelle)	
12:00 PM	Indoor Cycling 12:25– 12:55 pm (Theresa)		Indoor Cycling 12:25– 12:55 pm (Theresa)		Indoor Cycling 12:25– 12:55 pm (Theresa)	
1PM						
4:30PM		Women's Weight Club * 4:30-5:30pm (Kendra)		Women's Weight Club * /Volleyball Fit Class**	Zumba 4:00-5:00PM (Rachel) (Starting March 19th)	
5 PM				4:30-5:30pm (Kendra)	Indoor Cycling 5 pm– 5:45 pm (Theresa)	
5:30 PM	Cardio Kickboxing 5:30– 6:20 PM (Chelsi)	Cheer 5:30-6pm	Cardio Kickboxing 5:30– 6:20 PM (Chelsi)	Cheer 5:30-6pm		
6:00PM		Pilates Combo 6:00-6:50PM (Meschelle)		Pilates Combo 6:00-6:50PM (Meschelle)	Body Sculpt 6:10– 7 PM (Theresa)	
6:30 PM	Body Sculpt		Body Sculpt			
7 PM	6:30– 7:30 PM (Rachelle)	Hatha Yoga 7– 8 PM (Mary)	6:30– 7:30 PM (Theresa)	TKD** 7-8:30pm (Hugh)		
7:30 PM	Zumba 7:40-8:40 PM (Starting March 15th) (Rachel)		Zumba 7:40-8:40 PM (Starting March 17th) (Rachel)			
8 PM						
8:30 PM						
9 PM	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	YMCA Closed	



Mid-Willamette Family YMCA

Winter 2010 Fitness Class/Pool Schedule

- Land Fitness Class Schedule
- Water Fitness Class Schedule
- Schedule of lap and recreation swimming
- Gym schedule

Valid from Jan. 2nd through March 31, 2010

Revised 3/5/10

(Minor schedule modifications may occur. Updated schedules will be printed in the event of a change)

Included in this booklet are the free land and water fitness classes, lap swim and open swim times, gym hours, and other information about pool, fitness, and gym schedules. Most of these classes are free with a membership. Almost all classes are “drop-in” meaning there is no registration required and you are welcome to come anytime. If you have questions, please ask at the front desk.



YMCA

We build strong kids,
strong families, strong communities.

- * These classes are held in the Weight Room. All other classes are held in Health Enhancement Center.
- ** These classes have a registration fee. Register for these classes at the front desk.

