


March 2010

FITNESS DROP - IN SCHEDULE

TIME	ROOM	Monday 01	Tuesday 02	wednesday 03	Thursday 04	Friday 05
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	jazzercise Express- Andrea	Step - Colleen	One Minute Fat Burner Roselle	Step - Roselle
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		
TIME	ROOM	Monday 08	Tuesday 09	Wednesday 10	Thursday 11	Friday 12
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen FREE TRY-IT CLASS	One Minute Fat Burner Roselle	Step - Dorothy
1:30 - 2:30 pm	Studio	FREE TRY-IT CLASS Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		
TIME	ROOM	Monday 15	Tuesday 16	Wednesday 17	Thursday 18	Friday 19
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen	One Minute Fat Burner Roselle	Step -Roselle
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		
TIME	ROOM	Monday 22	Tuesday 23	Wednesday 24	Thursday 25	Friday 26
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen	One Minute Fat Burner Roselle	Step -Dorothy
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		
TIME	ROOM	Monday 29	Tuesday 30	Wednesday 31		
12:10 - 12:50 pm 12:10 - 12:50 pm	Studio Gym	Butts & Balls - Gwen	Sweat + Strength- Deb jazzercise Express- Andrea	Step - Colleen		
1:30 - 2:30 pm	Studio	Strength & Conditioning for Older Adults		Yoga Stretch for Older Adults		

jazzercise

For Friendship, Fitness and Fun.

jazzercise classes Saturday morning 9:00 am - 10:00 am

Classes are held in the YWCA Strength and Conditioning Gym