

YWCA FITNESS DROP - IN SCHEDULE SEPTEMBER 2010

TIME	ROOM	Class schedule may change due to instructor availability.		Wednesday 1	Thursday 2	Friday 3
TIME	ROOM	Monday 6	Tuesday 7	Wednesday 8	Thursday 9	Friday 10
12:10 - 12:50 pm 12:10 - 12:50 pm 5:45 - 6:45 pm	Studio Gym	Class schedule may change due to instructor availability.		Step - Colleen	Rock & Roller class Gwen jazzercise - Andrea	Step - Dorothy
12:10 - 12:50 pm 12:10 - 12:50 pm 1:30 - 2:30 pm 5:45- 6:45	Studio Gym Studio Gym	STAT HOLIDAY	Sweat + Strength- Deb jazzercise Express- Andrea	Body Blast - Colleen Zumba - Megan	Butts & Balls Gwen jazzercise - Andrea	jazzercise - Andrea
TIME	ROOM	Monday 13	Tuesday 14	Wednesday 15	Thursday 16	Friday 17
12:10 - 12:50 pm 12:10 - 12:50 pm 1:30 - 2:30 pm 5:45- 6:45	Studio Gym Studio Gym	Butts & Balls - Gwen Zumba - Megan Strength & Conditioning For Older Adults Jacqui jazzercise - Andrea	Sweat + Strength- Deb jazzercise Express- Andrea	Body Blast - Colleen Zumba - Megan 2:00 to 3:00 Yoga Stretch For Older Adults Jacqui	One Minute Fat Burner - Roselle jazzercise - Andrea	Step - Dorothy
TIME	ROOM	Monday 20	Tuesday 21	Wednesday 22	Thursday 23	Friday 24
12:10 - 12:50 pm 12:10 - 12:50 pm 1:30 - 2:30 pm 5:45- 6:45pm	Studio Gym Studio Gym	Butts & Balls - Gwen Zumba - Megan Strength & Conditioning For Older Adults Jacqui jazzercise - Andrea	Sweat + Strength- Deb jazzercise Express- Andrea	Body Blast - Colleen Zumba - Megan 2:00 to 3:00 Yoga Stretch For Older Adults Jacqui	One Minute Fat Burner - Roselle jazzercise - Andrea	Step - Dorothy
TIME	ROOM	Monday 27	Tuesday 28	Wednesday 29	Thursday 30	
12:10 - 12:50 pm 12:10 - 12:50 pm 1:30 - 2:30 pm 5:45- 6:45pm	Studio Gym Studio Gym	Butts & Balls - Gwen Zumba - Megan Strength & Conditioning Older Adults Jacqui jazzercise - Andrea	Sweat + Strength- Deb jazzercise Express- Andrea	Body Blast - Colleen Zumba - Megan 2:00 to 3:00 Yoga Stretch For Older Adults Jacqui	One Minute Fat Burner - Roselle jazzercise - Andrea	

