

## Tiftarea YMCA Fitness Summer Aerobics Schedule 2010

Child Watch Hours for while you are working out are listed below.

**Monday-Friday Mornings 8:30 am - 1:00 pm**

**Monday, Tuesday and Thursday Evenings 3:30 pm-8:30 pm      Wednesday Evenings 3:30 pm-7:00 pm**

**Our Child Watch facility is closed on Friday evenings and the weekends.**

Phone: 229.391.9622		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>MORNING CLASSES</b>							
8:00	Swimming Pool	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics		
9:00	Swimming Pool	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	Aqua Aerobics	
9:00	Aerobics Room		Mega Mix-up and Zumba				Power Ride
9:30	Aerobics Room	Step					
9:30	Yoga Room		Pilates	Pilates	Gentle Flow Yoga		
9:45	Aerobics Room					Fat Burning Mix	
10:00	Yoga Room						Gentle Flow Yoga
10:00	Aerobics Room		Concentrated Core				
10:15	Spinning Room		Power Ride				
10:30	Yoga Room		Pilates Camp <i>additional fees</i>	Pilates	Pilates Camp <i>additional fees</i>		
10:30	Spin Room					Power Ride	
10:45	Spinning Room	Power Ride					
12:00	Yoga Room		Pilates	Pilates	Pilates		
12:15	Aerobics Room	Fat Burning Mix	Fat Burning Mix		Fat Burning Mix	Concentrated Core	
<b>EVENING CLASSES</b>							
4:30	Spinning Room				Power Ride		
5:00	Aerobics Room				Power Abs		
5:15	Swimming Pool	Aqua Aerobics	Aqua Aerobics		Aqua Aerobics	Aqua Aerobics	
5:30	Aerobics Room		Power Abs		Zumba/Step		
5:30	Yoga Room	Yoga	Yoga	Yoga			
5:45	Aerobics Room	Concentrated Core					
6:15	Aerobics Room	Fat Burning Mix					
6:30	Swimming Pool				Aqua Aerobics		
6:30	Aerobics Room		Cardio Surprise		Cardio Effect	Zumba	
6:30	Spinning Room	Power Ride			Aqua Aerobics		