



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

July Aerobic Schedule

Monday					
Group X #1			Group X #2		
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Low Impact	Terrie	9:00-9:45	Total Body	Nicki
10:00-10:45	Cardio Sculpt	Brandy	10:00-10:45	Yoga Stretch	Terrie
			11:00-11:45	Yoga Fusion	Brandy
5:30-6:15	Bootcamp	Dustin	5:30-6:15	Barre Intense	Haley
Tuesday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandy	9:00-9:45	Yoga Stretch	Terrie
4:30-5:15	Cardio Sculpt	Brandy	10:00-10:45	Yoga Motion	Terrie
			11:00-11:45	Gentle Flow Yoga	Terrie
5:30-6:15	Spin	Cameron	5:30-6:15	Bootcamp	Trey
6:30-7:15	Step	Penelope			
7:30-8:15	Hip-Hop	Penelope			
Wednesday					
			9:00-9:45	Total Body	Nicki
10:00-10:45	Power Pilates	Brandy			
			11:00-11:45	Yoga Fusion	Brandy
Thursday					
5:30-6:30	Y-Fit	Andy			
9:00-9:45	Body Sculpt	Brandy	9:00-9:45	Yoga Stretch	Terrie
10:00-10:45	Low Impact	Terrie			
			11:00-11:45	Gentle Flow Yoga	Terrie
5:30-6:15	Bootcamp	Dustin	5:30-6:15	Barre Fusion	Jenna
6:30-7:15	Strength & Cardio	Amy			
Friday					
10:00-10:45	Cardio & Core	Brandy	11:00-11:45	Yoga Fusion	Brandy