



# ADULT DROP-IN FITNESS CLASSES

YMCA in South Health Campus

Interim Schedule December 19, 2016 – January 8, 2017 (Revised Dec 19, 2016)

Class	Day	Time	Instructor
<b>Core Strength</b> (Dec 19 only)	Monday	12:10pm-12:50pm	Vincenzo
<b>Group Cycle</b> (Dec 20 & Jan 3 only)	Tuesday	6:00am-6:45am	Ron
<b>Instructor's Choice</b> (Dec 20 & Jan 3 only)		12:05pm-12:55pm	Vincenzo
<b>Cross Training</b>	Wednesday	6:00am-6:45am	Rita/Vincenzo
<b>Core Strength</b>		12:10pm-12:45pm	Bryan
<b>Yoga</b> (Dec 28 and Jan 4 only)		4:15pm-5:15pm	Pascale
<b>Muscle Works</b> (Dec 21 and Jan 4 only)		6:00pm-7:00pm	Randy
<b>Muscle Works</b> (Dec 22 only)	Thursday	9:00am-10:00am	Siea
<b>Yoga</b> (Dec 29 & Jan 5 only)		12:05pm-12:55pm	Karolina
<b>Step Fit</b>	Saturday	9:00am-10:00am	Rita
<b>Performance Cycle</b> (Jan 8 only)	Sunday	9:00am-10:00am	Ron