

Back-to-Basics
Break Week Fitness Classes
January 3-13, 2012
No Fitness classes on Monday, January 2

Cardio Mix 8:30-9:30 am
Monday-Thursday
Tuesday/Thursday class – Step 8:30-9:00, Sculpt 9:00-9:30 am

Balance, Stretch and Strength* 10:00-10:50 am
Monday, Wednesday, Friday
*Class will be held on December 19 and 21,
Fee: \$1 members, \$4 Non-members

Group Strength 6:30-7:30pm
Tuesday/Thursdays

Step Variety 4:45-5:35 pm
Monday and Wednesday

Pilates 4:30-5:15 pm
Tuesday and Thursdays

Step n' Sculpt 5:30-6:20 pm
Tuesday and Thursdays

Classes are more basic and less intense these two weeks, perfect for the beginner!
Classes FREE to Y members, Non-members may purchase a Flex Pass

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