



# Burlington Group Fitness Schedule

*Summer Season June 21—August 22, 2010*

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Morning</b>	5:30-6:30 WF Boot Camp* Ally 6-6:55 Chisel Jen S. (G) 8-8:50 Silver Foxes Steve (G) 9:00-9:55 Step Dianne (G) 10-10:30 Ab Blast Michelle (FC)	6-6:55 BODYPUMP Jen S. (G) 8-8:55 Vinyasa Yoga Jen H. (G) 9-9:50 Ripped! Dianne (G) 9-9:50 Senior Strength Steve (FC) Training*	5:30-6:30 WF Boot Camp* Ally 6-6:55 Cardio Sculpt Cherie (G) 7-8 WOW* Michelle (FC) 8-8:50 Silver Foxes Steve (G) 9:00-9:45 Butts & Guts Travis (G)	6-6:55 Spin Susan (G) 8-8:55 Flow Yoga Susan (G) 9-9:45 Turbo Ripped! Travis (G)	6-6:55 Flow Yoga Susan (G) 8-8:50 Silver Foxes Ally (G) 9-9:45 Step & Sculpt Tonya (G) 9-9:50 Senior Strength Steve (FC) Training*	8:30-9:30 BODYPUMP Sarah (G) 10-11:30 Kundalini Yoga (G) Sarab	9-10 Cardio Sculpt Khristine (G)
<b>Lunch</b>	12:10-1 Reebok Core Travis (G)		12:10-1 Reebok Core Travis (G)	12:00-1 STRIVE Travis (FC)	12:10-1 Reebok Core Travis (G)		
<b>Evening</b>	5:15-6:15 BODYPUMP Tonya (G) 6:30-7:30 Fitness Pilates Adria (G)	5:10-5:55 Reebok Core Cherie (G) 5:15-6:15 Playground Fitness* Colin 6-7 Zumba! Angel (G) 6:05-7:35 Sivinanda Yoga Hedi (Memorial Auditorium Loft)	5:30-6:25 BODYPUMP Jen S. (G) 6:40-7:40 Willpower & Grace Amanda(G)	5:10-6:10 BODYPUMP Tonya (G) 5:15-6:15 Playground Fitness* Colin 6:15-7 Step Vika (G)	5:35-6:30 Cardio Sculpt Dianne (G)		

(G) = Gymnasium (FC) = Fitness Center \* = Pre-register

Questions? Contact Kelly Walker, Fitness Programs Supervisor, at 862-8993 x 161 or [kwalker@gbymca.org](mailto:kwalker@gbymca.org). This schedule is subject to change. Updated 6/19/10

**Greater Burlington YMCA:** 266 College Street, Burlington, VT 05401 (802) 862-YMCA (9622) **Winooski YMCA:** O'Brien Community Center, 32 Malletts Bay Avenue Winooski, VT 05404 (802) 655-YMCA (9622)  
 For a list of class descriptions please visit: [www.gbymca.org](http://www.gbymca.org) or Member Services