



Winooski Group Fitness Schedule

Summer Season June 21—August 22, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6-7 A.M. Attack Brandon (FC)	9:30-10:15 Senior Strength June (FC) Training * 11-12 Tai Chi Bea (S)	6-7 A.M. Attack Brandon (FC) 9-9:45 B-FIT Brandon (S)	7-8 Golf Conditioning* Steve 11-12 Tai Chi Donna (S)	6-7 A.M. Attack Brandon (FC) 9-9:45 B-FIT Brandon (S) 9:30-10:15 Senior Strength June (FC) Training *	8-8:55 Yoga Erika (S) 9-10 BODYPUMP Wendy (S)	10-11 Ripped! Brandon (S)
Lunch	12-1 STRIVE Abs Brandon (FC) 12:10-12:50 Cardio Cross Train (S) Wendy	12:10-1 Rip & Spin Travis (S)	12-1 STRIVE Legs Brandon (FC)	12:10-12:50 Lunch Time Spin (S) Wendy	12-1 STRIVE Survivor Brandon (FC)		
Evening	5:30-6:25 Zumba! Lindsay (S) 6:30-7:30 BODYPUMP Katie (S)	5-5:25 Ab Blast Brandon (G) 5:30-6:25 Step & Sculpt Vika (S) 6:30-7:40 Extended Spin Ken (S) 6:30-7:30 Softball Strengthening* Patrick	4:15-5:15 Flow Yoga Malaika (S) 5:30-6:25 Zumba! Shannon (S) 6:15-7:15 Run & Swim* Brandon 6:30-7:30 BODYPUMP Jackie (S)	5:30-6:25 Butts & Guts Caroline (S)	5-5:25 Ab Blast Brandon (S) 5:30-6:30 BODYPUMP Katie (S) 6:15-7:15 Run & Swim* Brandon		

(S) = Studio (G) = Gymnasium (FC) = Fitness Center * = Pre-Register

Questions? Contact Kelly Walker, Fitness Programs Supervisor, at 862-8993 x 161 or kwalker@gbymca.org. This schedule is subject to change. Updated 6/19/2010