



Summer 06/07-08/29/2010

Updated on: 5/28/2010 9:09 AM

MONDAY

Time	Class	Location	Instructor
9:15-10:00	SilverSneakers	Studio	Valley
6:00-7:00	Y-Body	Studio	Desiree
7:00-7:45	Zumba®	Studio	Shayla

TUESDAY

Time	Class	Location	Instructor
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WEDNESDAY

Time	Class	Location	Instructor
9:15-10:00	SilverSneakers	Studio	Valley
6:00-7:00	Y-Body	Studio	Desiree
7:00-7:45	Zumba®	Studio	Crystal

THURSDAY

Time	Class	Location	Instructor
6:00-7:00	Step	Studio	Desiree

FRIDAY

Time	Class	Location	Instructor
6:00-7:00	Y-Body	Studio	Desiree

SATURDAY

Time	Class	Location	Instructor
9:00-10:00	Y-Body	Studio	Desiree

NOTE:

- Bolded classes are member only. Reservation required and made by paying \$8 per class per session.
- Reservations can be made at the welcome desk. Please see the front desk for details.
- Community Participants can sign up for all other classes at \$73/session for one class a week.

For group exercise class descriptions reference the current program and membership catalog or call the **Parklawn YMCA at (414) 873-9622.**



