



Updated on: 01/19/10

MONDAY

Time	Class	Location	Instructor
PM			
5:00-6:00	Zumba	Aerobics Room	Nadia

TUESDAY

Time	Class	Location	Instructor
AM			
1:00-1:45p	Silver Sneakers II	Aerobics Room	Cathy
PM			
7:00-8:00	Adult Latin Dance	Yoga Room	Yetzenia

WEDNESDAY

Time	Class	Location	Instructor
PM			
5:15-6:15	Zumba	Aerobics Room	Analisa
6:30-7:30	Circuit Training	Aerobics Room	Ferdinand

THURSDAY

Time	Class	Location	Instructor
PM			
1:00-1:45	Silver Sneakers II	Aerobics Room	Cathy
2:00-2:45	Yogastretch	Aerobics Room	Cathy
6:00-6:55	Yoga	Yoga Room	Hope

FRIDAY

Time	Class	Location	Instructor
AM			
8:30-9:15	Silver Sneakers II	Aerobics Room	Cathy
9:30-10:30	Beginner Tai Chi	Aerobics Room	Cathy

Notes:

* **INDOOR TRIATHLON** at South Shore, Sunday, February 14, 2010; first heat at 7 am. Open to the first 100 participants.

* **Salsa for Strong Kids** at Warehouse, 818 S. Water Street, Milwaukee, WI. Fri., Feb. 26, 2010. Must be 21 years old to attend. Pre-event tickets are \$20/ \$25 at the door. Event runs 7:30 pm to 1 am.

* **Potisk Chiropractic and Wellness Center** will be offering a monthly series of informational workshops. There is a \$5.00 charge: refreshments will be served. The first of this series is on **Monday, January 25, 2010 at 6:30 pm at South Shore: "Lose Weight and Keep It Off"**. Register at the front desk or call 414-571-9622.

NOTE:

- Community Participants can sign up for all other classes at \$73.00/session for one class a week.

Group exercise class descriptions can be found in the program and membership catalog on **pages 35-39**. For more information call the **Southtown YMCA at (414) 817-9622**.



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