



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

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

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

NOTE:

- Community Participants can sign up for classes at \$73/session for one class a week.
- Adult Latin dance fees are \$36.50 for members; \$73.00 for community participants

For group exercise class descriptions reference the current program and membership catalog or call the South Town YMCA at (414) 817-9622.



