



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# WEST SUBURBAN YMCA PROGRAM CENTER GROUP EXERCISE SCHEDULE ST. PIUS X CAMPUS

2506 N. Wauwatosa Ave.

**SPRING SESSION 4/16/12 – 5/31/12**

Revised 2/1/12

## MONDAY

(Closed Memorial Day, May 28<sup>th</sup>)

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
5:30-6:30	Cardio Funk	Pius	Lonnie
6:35-6:55	Absolution	Pius	Lonnie
7:00-8:00	Zumba	Pius	Asia
7:00-8:00	Yoga	Pius	Rotation

All classes at the St. Pius X Campus are free for YMCA members unless otherwise noted. Non-members may purchase a \$50 Power Pass, good for 10 visits.

## WEDNESDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
5:30-6:30	Zumba	Pius	Alicia
6:35-6:55	Absolutely	Pius	Alicia
7:00-8:00	Yoga	Pius	Marcel

Class descriptions are available in the West Suburban YMCA Winter 2012 Program Guide.

For more information, please contact the West Suburban YMCA at 414-302-9622.

## THURSDAY

<u>Time</u>	<u>Class</u>	<u>Location</u>	<u>Instructor</u>
6:00-7:00	Zumba	Pius	Sara
7:05-7:55	Chisel	Pius	Sara