

Lee Branch YMCA

Fitness Schedule

Effective March 1, 2010

	Monday	Tuesday	Wednesday	Thursday	Friday
6:00-6:30am		Spin Anita			Spin Anita
8:30-9:15am		Spin Myric		Spin Myric	
9:15-10:00am		Chair Aerobics Myric		Chair Aerobics Myric	
9:15-10:15am	Beginner Step & Sculpt Kelly		Beginner Step & Sculpt Kelly		Fun Friday Workout Kelly
3:45-4:30pm		Family Zumba Donnette		Family Zumba Donnette	
4:30-5:15pm	Dance Aerobics Pam		Dance Aerobics Pam		
4:30-5:30pm		Step & Sculpt Donnette		Xfit Deanna	
5:15-6:00pm	Pilates Pam		Pilates Pam		
5:30-6:30pm		Ball Yoga/Pilates Donnette		Yoga/Pilates Donnette	
6:00-6:45pm	Spin Anita		Spin Anita		
6:30-7:15pm		Dance It Off Denise		Zumba Donnette	

316 Robert B. Lee Drive
Hours of Operation
Monday-Friday 6:00am - 8:00pm
Saturday 8:00am - 6:00pm

Coming Fall 2010
Beginner Clogging
Ages 9+

YHEALTH & FITNESS™

We build strong kids, strong families, strong communities.