

RAUNER FAMILY YMCA HOLIDAY CLASS SCHEDULE

12/14/08 – 1/03/09

<u>SUNDAY:</u>	HATHA YOGA	2:00 – 3:00PM
<u>MONDAY:</u>	HATHA YOGA	9:30 – 10:30AM (NO CLASS 12/22 & 12/29)
	ALIVIO/AOA	11:00 – 12:00PM
	STEP	4:15 – 5:00PM (NO CLASS 12/22/08)
	HATHA YOGA	7:00 – 8:00PM
<u>TUESDAY:</u>	EXER-BALL	6:00 – 6:50AM (NO CLASS 12/22 & 12/29)
	STEP	9:00 – 10:00AM
	AOA	11:00 – 12:00PM
	TEEN EXERCISE	4:00 – 4:30PM (NO CLASS 12/23 & 12/30)
	100% ABS	7:15 – 8:00PM
<u>WEDNESDAY:</u>	EXER-BALL	9:30 – 10:30AM (NO CLASS 12/24 & 12/31)
	ALIVIO/AOA	11:00 – 12:00PM
	KICKBOXING	7:00PM – 7:50PM (NO CLASS 12/24 & 12/31)
<u>THURSDAY:</u>	HI/LOW	6:00 – 6:50AM (NO CLASS 12/25 & 1/01/09)
	STEP	11:00 – 12:00AM (NO CLASS 12/25 & 1/01/09)
	STEP	7:30 – 8:15PM (NO CLASS 12/25 & 1/01/09)
	BODY SCULPT	8:15 – 9:00PM (NO CLASS 12/25 & 1/01/09)
<u>FRIDAY:</u>	PILATES:	9:30 – 10:30AM (NO CLASS 12/26 & 1/02/09)
	AOA	11:00 – 12:00AM (NO CLASS 12/26 & 1/02/09)
	FLUID YOGA	4:30 – 5:30PM (NO CLASS 12/26 & 1/02/09)
	AEROBICS	5:30 – 6:20PM (NO CLASS 12/26 & 1/02/09)
	ABS/BOTTOMS	7:00 – 8:00PM
<u>SATURDAY:</u>	POWER EXPRESS	9:00 – 10:30AM (NO CLASS 12/20 & 1/03/09)
	FAMILY CARDIO KIDS	(NO CLASS 12/20, 12/27 & 1/03/09)

PLEASE PICK UP CLASS SCHEDULE FOR WINTER SESSION 1/04/09 – 2/21/09

FOR QUESTIONS OR CONCERNS CONTACT:
ANGELA D. APPLETON / FITNESS COORDINATOR