

## STANLY COUNTY FAMILY YMCA AEROBICS

FITNESS CLASS SCHEDULE		JANUARY THROUGH DECEMBER 2008	
<b>MONDAY</b>		<b>TUESDAY</b>	
5:45 - 6:45	CARDIO STEP	5:30 - 6:00	STRONG STRIDES
8:30 - 9:00	LITE-N-EASY	8:00 - 8:25	WAKE UP AEROBICS
9:00 - 10:00	NAUTILUS CIRCUIT TONING	8:30 - 9:00	FLEX-N-STRETCH
9:00 - 10:00	YOGA	9:00 - 10:00	CORE STRENGTH <b>(3rd Floor)</b>
9:15 - 10:15	CARDIO STEP	9:15 - 10:15	CYCLE/ABS
10:15 - 11:00	LINE DANCING	12:05 - 12:55	CYCLING
12:15 - 12:45	BODY SCULPTING	5:30 - 6:30	CARDIO STEP
5:30 - 6:30	CARDIO COMBO	6:30 - 6:45	BUTT - N - GUTT
5:45 - 6:45	PILATES <b>(3rd Floor)</b>	7:00 - 8:00	CARDIO COMBO
<b>WEDNESDAY</b>		<b>THURSDAY</b>	
5:45 - 6:45	CARDIO COMBO	5:30 - 6:00	STRONG STRIDES
8:30 - 9:00	LITE-N-EASY	8:00 - 8:25	WAKE UP AEROBICS
9:00 - 10:00	NAUTILUS CIRCUIT TONING	8:30 - 9:00	FLEX-N-STRETCH
9:15 - 10:15	CARDIO STEP	9:00 - 10:00	YOGA <b>(3rd Floor)</b>
12:15 - 12:45	BODY SCULPTING	9:15 - 10:15	CYCLE/ABS
5:30 - 6:30	CYCLING	12:05 - 12:55	CYCLING
<b>FRIDAY</b>		5:30 - 6:30	CARDIO STEP
5:45 - 6:45	CARDIO STEP	6:30 - 6:45	BUTT - N - GUTT
8:30 - 9:00	FLEX-N-STRETCH	6:00 - 7:00	YOGA <b>(3rd Floor)</b>
9:00 - 10:00	NAUTILUS CIRCUIT TONING	7:00 - 8:00	CYCLING
12:15 - 12:45	BODY SCULPTING	<b>SATURDAY 8:30 am INSTRUCTOR'S CHOICE DOWNSTAIRS</b>	
9:15 - 10:15	CARDIO COMBO <small>(First Friday Of Every Month 90 Min Body Blitz)</small>	<b>SATURDAY 8:30 am PILATES UPSTAIRS (3rd Floor)</b>	
<b>SUNDAY (January February and March Only)</b>		Classes Will Be Canceled If At Least 2 Participants	
2:30 - 3:30	INSTRUCTORS CHOICE	Aren't Present By 10 Minutes After Scheduled Start Time	
		<b>CLASSES MAY BE CHANGED/ADDED THROUGHOUT THE YEAR. WATCH FOR INFO SIGNS POSTED</b>	

**\*NOTE\***

**Instructor's Choice Includes Step, Cycling, Dance Aerobics Kickboxing And/Or Body Sculpting.**