

Bradford-Union YMCA
Group Exercise Schedule
Updated: January 2008

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00		Yoga		Yoga		Yoga	Aerobics
9:30		Holly		Holly		Holly	Lewis
10:00		Silver Sneakers®	Silver Sneakers®	Silver Sneakers® 1	Silver Sneakers®	Silver Sneakers®	Yoga
10:30		1 Holly	2 Holly	Holly	2 Holly	Instructor's Choice Holly	Holly
4:30			Ballet (6 th -8 th)		Ballet (Pre-K)		
5:00			Melanie	Youth Fitness	Melanie		
5:30		Ballet (K-2nd)		Holly			
6:00		Melanie	Yoga	New Member	Yoga		
6:30			Holly	Orientation Age 14+ (Holly)	Holly		
7:00		Aerobics	Definitions	Aerobics	Definitions	Definitions	
7:30		Lewis	Lewis	Lewis	Lewis	Lewis	

Class Descriptions

Aerobics - A full body aerobic and weight workout with Lewis. Ages 12+.

Ballet - Dance classes are age specific. (Paid Programs.)

"Definitions" - An 8 week Boot Camp style class. Physically demanding. Ages 14+.

Silver Sneakers® 1 - Muscular strength and range of motion class. Great for seniors, but all ages welcome!

Silver Sneakers® 2 - Cardio Circuit. A step up from the first class. Participants should be able to stand for 30 minutes.

Yoga - A full body yoga workout with Holly. Ages 8+.

Youth Fitness - A comprehensive FUN workout for youth ages 5-13.