

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
5:45am-6:30am		Early Morning Bootcamp Brenda B		Early Morning Bootcamp Brenda B			
6:45 am-7:45am	*Rep Reebok Connie		*Rep Reebok Dixie		*Rep Reebok Dixie		
9:00am-9:55am	Latin Aerobics Lill	High Energy Step Charlene	*Spin & Pump Jen	High Energy Step Lynn	Cardio Blast John	High Energy Step Carrie	
9:00am-9:55am	*Express Circuit Tonya		*Express Circuit Terra		*Express Circuit Cheryl		
10:00am-10:45am	Stretch For Health Selina	*Fifty Fit Leanne Fitness in a Chair 10:45 Lori	Stretch For Health Charlene	*PBS Selina	Linedancing Twyla		
11:00am-12:00pm	*Rep Reebok Selina PBS circuit Kathleen	Dancercize Linda/Teresa	*Rep Reebok Charlene	Dancercize Linda/Teresa	*Rep Reebok Brenda S		*Bootcamp Kim
12:10pm-12:50pm		*Fitness Fusion Charlene		*Stretched & Buffed Kim	*Fitness Fusion Charlene		Abs Only Kim 12:00-12:30pm
12:10pm-12:50pm	*Core Conditioning Meghan	*Group Cycling Kim	*Group Cycling Leni	*Core Conditioning Selina	*Group Cycling Susan		
1:00pm-1:45pm	Older Adult Express Circuit Hazel		Older Adult Express Circuit Hazel				
4:45pm-5:45pm		High Energy Step Brenda S/Tori		High Energy Step Tori/Brenda S	*Rep Reebok Brenda M		
5:00 pm-6:00pm	*Rep Reebok Cathie		*Rep Reebok Brenda M				
6:00pm-7:00pm	*Express Circuit Ben			*Express Circuit Ben			
6:10pm	*Group Cycling Kim	*Abs & Buns Fern	*Group Cycling Jamie	6:00pm *Bootcamp Kim	*Abs & Buns Fern		
7:00 pm-8:00 pm	Step n Sculpt Fern	High Energy Step Carrie	Cardio Blast John	Latin Aerobics			
8:00pm-9:00pm							

*Some classes require sign up due to equipment. Please check with Customer Service Desk.

Circuit Classes are held in Circuit Room.

North Shore Y Adult Fitness Schedule

Winter Schedule Jan 4th to June 30th 2010.

These classes are all included in your membership!

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8-9am		Basic Self Defence George (CR)		Basic Self Defence George (CR)		
9-10am	Yoga Core Fusion Meghan	Rep Reebok Meghan	Spin & Abs Tera	Rep Reebok Michelle	BOSU Boot Camp Jen	Rep Reebok Elizabeth & Tera
9:30-10:15am		Circuit Strength Tera (CR)		Circuit Strength Carmen (CR)		
		Mall Walking Jacqueline		Mall Walking Tera		
10:15-11:00am		Stretch for Health Carmen		Stretch for Health Meghan		Sunday Boot Camp 11:00-12:00 TBA A Different Instructor Each Week!
10:30-11:30am	PBS Lynn		PBS Tera		PBS Michelle	
	PBS Circuit Jacqueline(CR)		PBS Circuit Michelle(CR)		PBS Circuit Carmen(CR)	
11:30-12pm					Breath & Wellness Carmen	
12-1pm					Cardio Core Blast Meghan	
1-2pm		Better Bones Jan 18- Apr 2 Apr 12- July 2 Meghan		Better Bones Jan 18- Apr 2 Apr 12- July 2 Tera		
5:30-6:30pm	Spin & Core Robert		Circuit Strength	K.A.E. BO	Jarita's	
	K.A.E.BO Elizabeth (CR)		Natasha & Darcy (CR)	Elizabeth	Booty Camp	
7-8pm			Step & Sculpt Fern	Abs & Buns Fern		

(CR) Class is in Circuit Room