

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
10:30-11:30am	PBS Lynn		PBS Tera		PBS Michelle	
	PBS Circuit Jacqueline(CR)		PBS Circuit Michelle(CR)		PBS Circuit Carmen(CR)	11:00-12:00 TBA
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		A Different Instructor Each Week!
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