

# ALTAVISTA AREA YMCA GROUP FITNESS SCHEDULE

## Effective November 1, 2008

**Wellness Center Members** -- Free (Bring your Y membership card)

**Y-MEMBERS:** \$30.00 punch card **NON-MEMBERS:** \$60.00 punch card- 15 classes per card

**\*\*ChildWatch** available for YMCA members, except for the 12:15 class

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30AM</b>	Cycle (45 min)	X-Training (45min)	Boot Camp (60 min)	X-Training (45 min)		
<b>9:15 AM</b>						Indoor Cycling (75 min)
<b>9:30AM</b>					Yoga (50 min)	
<b>11:00AM</b>	Over 55 Basic Cycle (30 min)					
<b>12:15PM</b>		Cycle (30 min)				
<b>4:00PM</b>	Body Sculpting (30 min)	STEP (30 min)	Body Sculpting (30 min)	Basic STEP (30 min)	Cycle (30 min)	
<b>4:30PM</b>	15/15/15	Ball, Bosu & Glider Training (20 min)	15/15/15	Ball, Bosu & Glider Training (20 min)	Nothing But Cardio (45 min)	
<b>5:00PM</b>		Funky Fitness (45 min)		Cycle (45 min)		
<b>5:30PM</b>	Cycle (45 min)					
<b>6:00PM</b>				Funky Fitness (45 min)	Tai-Chi** (60 min)	
<b>6:30PM</b>	Yoga (60 min)	Tai-Chi** (60 min)	Mind/Body (60 min)			
<b>7:30PM</b>		Line Dancing** (60 min)				

**\*\*requires a fee, see the front desk for more information\*\***