

# ALTAVISTA AREA YMCA GROUP FITNESS SCHEDULE

Effective July 1, 2010

[www.altavistaymca.org](http://www.altavistaymca.org)

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

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

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15 AM						Indoor Cycling (75min)
8:30AM	Cycle (45 min)	Cardio Cuts (45min)	Boot Camp (60 min)	Cardio Cuts (45 min)	Fun Run (45 min)	
9:30AM					Yoga (50 min)	
9:45AM						Boot Camp (50 min)
11:00AM						
12:15PM		Cycle (30 min)				
4:00PM	Body Sculpting (30 min)	Pure Core (20 min)	Body Sculpting (30 min)	STEP (30 min)	Cardio Freestyle (45 min)	
4:30PM	Cardio Cuts (45 min)	Circuit (40 min)	Cardio Cuts (45 min)	Pure Core (20 min)		
5:00PM				Cycle (45 min)		
5:30PM	Boot Camp (50 min)					
5:45PM		Cycle (30 min)				
6:00PM				Latin Grooves (45 min)	Tai-Chi** (60 min)	
6:30PM	Yoga (60 min)	Tai-Chi** (60 min)	Mind/Body (60 min)			
7:00PM						
7:30PM		Line Dancing** (60 min)				

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