



We build strong kids, strong families, strong communities.

West Essex YMCA Exercise Class Schedule Effective September 7, 2010

For updates:
www.westessexymca.org
973-992-7500

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:15 AM			Boot Camp			Boot Camp 50min.	
9:05 AM		Rise & Shine Aerobics		Rise & Shine Aerobics		ZUMBA Plus!	Interval Step/Sculpt
9:10 AM			Cardio Interval Training		Cardio Interval Training		
10:15 AM		Pilates	Sculpt & Stretch	Yoga-Tone	Sculpt & Stretch	Pilates	Kick Box Aerobics
10:15 AM							Yoga-Tone
10:30 AM	Tai Chi (All Levels)						
11:15 AM	Cardio Power Hour		Gentle Fitness		Gentle Fitness		
6:00 PM			Body Fitness	ZUMBA!	Body Fitness		
7:00 PM		Zumba Ball	Boot Camp	Yoga all levels	Boot Camp	Fun Family Fitness	
		Yoga Intermediate					
8:00 PM		Yoga Beginner					

**PLEASE NOTE: Classes must have at least 5 participants present to run fitness classes. Facility members only.
This schedule is subject to change, please visit our web site for the updated information.**

We reserve the right to close the gym for Special Events with limited notice.

Facility Hours:

Monday-Friday: 4:45am-10:00pm
Saturday: 6:45am-9:00pm
Sunday: 7:30am-3:00pm

Babysitting Hours:

Monday-Saturday 9:00am-12:00pm
Tuesday&Thursday 6:00pm-8:00pm

