



# West Essex YMCA Exercise Class Schedule Winter 2011-2012

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

	<u>Sunday</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>	<u>Saturday</u>
6:05 AM			Boot Camp			Boot Camp	
9:05 AM		Rise & Shine Aerobics		Rise & Shine Aerobics		ZUMBA Plus!	Interval Step Training
9:10 AM			Triple Threat Training		Triple Threat Training		
9:30 AM	Tai Chi (All Levels)						
10:15 AM		Pilates	Sculpt & Stretch	Integrated Yoga	Sculpt & Stretch	Pilates	Kick, Box & Pump
10:30 AM							Integrated Yoga at United Methodist Church*
11:00 AM	Cardio Power Hr						
11:15 AM			Gentle Fitness		Gentle Fitness		
6:00 PM			Body Fusion	ZUMBA!	Body Fusion		
6:30 PM		Zumba Express (1/2 Hour Class)					
7:00 PM		Cardio Ball	Boot Camp	Yoga all levels	Boot Camp		
7:00 PM		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  
 Monday-Thursday 6:00pm- 8:00pm  
 Sunday 10:30am-12:30pm

**\*United Methodist Church:**

294 W. Hobart Gap Rd., Livingston

For more information, visit our website at: [www.westessexymca.org](http://www.westessexymca.org) or call us at :973-992-7500