

YMCA Summer Session I & II 2009 Class Schedule – June 22 – August 28

** All classes at Fords Middle School will run June 29 through August 21.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				KidCare Drop-In Babysitting **FREE** Mon, Tues, Wed, & Thurs. 6:30 - 8:30 PM Please register daily at front desk	
Silver Sneakers® I 9:30-10:30 AM Paula *Fords Middle School	Silver Sneakers® II 9:30-10:30 AM Paula *Fords Middle School	Silver Sneakers® I 9:30-10:30 AM Paula *Fords Middle School	Silver Sneakers® II 9:30-10:30 AM Paula *Fords Middle School	Arthritis Foundation Tai Chi 9:30 – 10:30AM Barbara L. *Fords Middle School	Step Whatever 8:30-9:30 AM Paula
			Stepping out with Paula 10:30-11:30AM *Fords Middle School	Zumba® Gold 10:30-11:30 AM Paula *Fords Middle School	Beginner Yoga 9-10 AM Laurie
	SilverSplash® 11:30 - 12:15 PM		SilverSplash® 11:30-12:15 PM		Little Tigers Taekwondo 10-10:45 AM
Lunchtime Pilates 12:30-1:30 PM Valeria	Lunchtime Stretch and Tone 12:30-1:30 PM Valeria		Lunchtime Yoga 12:30-1:30 Nipa		
Int/Adv Pilates 6-7 PM Valeria	Stretch-N-Tone 6-7 PM Valeria		Stretch-N-Tone 6-7 PM Valeria		
The Dance Kick 7:05-8:05 PM Debbie		Aqua Kickboxing 6:30-7:30 Robert			
	Cardio Kickboxing 7-8 PM Debbie	Bodies in Motion 7-8 PM Paula	Beginner Pilates 6:30-7:30 Kirsten		
Stretch-N-Tone 7:30-8:30 PM Paula			Brand New Beginner Yoga 7:35-8:35 PM Kirsten		
	Interval Training 8:05-9:05 PM Debbie	Intro to Step 8:15-9:00 Paula	Aqua Challenge 8:30-9:15 PM Paula		
	Aqua Challenge 8:30-9:15 PM Robert			<u>Class Fees for 5 week Sessions</u> Yoga, Pilates, Get on the Ball Non-Member \$30 Member \$20 Regular Group Exercise Class Non-Member \$22 Member \$14	