

**March 2010
REVISED CLASSES**



**YMCA of Broward County
Parkland YMCA Family Center
Group Exercise Schedule**

Class Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:15am - 7:15am	Group Cycling		Group Cycling				
9:15am - 10:00am	Group Cycling	Cardio Circuit	Group Cycling Boot Camp	Cardio Circuit	Group Cycling Boot Camp	Group Cycling	Group Cycling
10:00am - 10:15am	Core Crunch	Arms Up	Core Crunch	Arms Up	Core Crunch		
10:15am - 11:00am	Sculpt it Up	Latin Dance Fitness	Pilates	Body Attack	Cardio Interval (incl Kettlebells)	Pilates	Pump it Up
11:00am - 12:00 Noon		Silver Sneakers I		Silver Sneakers I		Body Buster & BLT	Zumba
11:30am - 12:30pm	Beginners Yoga		Yoga Stretch		Senior Fun Zone		
3:30pm - 4:30pm	Cardio Pump		Yoga & Y-Teen Zone		Cardio Pump		
4:30pm - 5:15pm	Cardio Y-Kids		Y-Kids Boot Camp		Cardio Y-Kids		
5:45pm - 6:45pm	Boxing Boot Camp	Group Cycling	Boxing Boot Camp	Group Cycling			
7:00pm - 8:00pm	Pilates	Belly Dance Fitness	Yogalates	Yoga	Zumba		

* All classes are 45 - 55 minutes long unless otherwise noted & subject to change if class is not viable

* Please plan to arrive the class on time and plan to stay for the entire class. Observe the Parkland YMCA's "5 minute" rule. Instructors may decline additional participants to class if the class is full and/or the class is too full along for your safety.

* Be respectful of the instructor. Classes are a group activity. Individual workouts are not permitted.

☞ New Class Begins March 2010