NBYMCA FITNESS SCHEDULE SPRING 2008

	Monday		Tuesday		Wednesday		Thursday		Friday	
6:00 AM										
6:30										
7:00										
7:30										
8:00										
8:30		Cardiac Rehab 8:30-9:30 fitness				Cardiac Rehab 8:30-9:30 fitness				Cardiac Rehab 8:30-9:30 fitness
9:00	Aquacize 9-10 pool		Senior Fitness 9 - 10 fitness	Waterwalking 9 - 10 pool	Aquacize 9-10 pool		Senior Fitness 9 - 10 fitness	Waterwalking 9 - 10 pool	Aquacize 9-10 pool	
9:30										
10:00							Senior Social 10 - 11 pool			
10:30										
11:00			Arthritis 11 - 12 pool				Arthritis 11 - 12 pool			
11:30										
12:00 PM										
12:30										
1:00										
1:30										
2:00										
2:30										
3:00										
3:30										
4:00										
4:30										
5:00										
5:30	Step It Up 5:30 - 6:30 gym				Step It Up 5:30 - 6:30 gym					
6:00										
6:30	Rockin Abs 6:30 - 7:15				Rockin Abs 6:30 - 7:15					
7:00										
7:30										
8:00										
8:30										
9:00										
9:30										