

Kershaw YMCA Group Exercise Schedule

August 31 - October 3 2009



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
30	31	1	2	3	4	5
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump		5:30 PM Body Pump		
	5:30-6:30pm Step Aerobics	Tawney Harris	5:30-6:30pm Step Aerobics	Sharon Wahl		
6	7	8	9	10	11	12
	Labor Day Holiday	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
	No Classes	5:30 PM Body Pump		5:30 PM Body Pump		
		Tawney Harris	5:30-6:30pm Step Aerobics	Brooke Batten		
13	14	15	16	17	18	19
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump		5:30 PM Body Pump		
	5:30-6:30pm Step Aerobics	Tawney Harris	5:30-6:30pm Step Aerobics	Sharon Wahl		
20	21	22	23	24	25	26
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump		5:30 PM Body Pump		
	5:30-6:30pm Step Aerobics	Tawney Harris	5:30-6:30pm Step Aerobics	Brooke Batten		
27	28	29	30	1	2	3
	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness	10:15 - 11:15 Fit For Life	5:00-5:30 pm Youth Fitness		
		5:30 PM Body Pump		5:30 PM Body Pump		
	5:30-6:30pm Step Aerobics	Tawney Harris	5:30-6:30pm Step Aerobics	Sharon Wahl		