



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

January 2012

NOTE: Shaded area denotes BAYFRONT CLASSES HELD AT PUNTA GORDA GYM DURING DATES SPECIFIED IN JANUARY

Times	Mon	Tue	Wed	Thurs	Fri	Sat.
7:00-8:00						
8:30 - 9:30 AM	Funky-Freestyle <i>Ethie</i>	Intermediate YOGA <i>Marcel</i>	Beginner YOGA <i>Marcel</i>	Intermediate YOGA <i>Marcel</i>	Zumba <i>Krysten</i>	Pilates <i>Jill</i>
	Forever Fit-Mimi 8:45 1/2/12 1/16/12	Pilates-Mitzi 9:00 1/3/12 Yoga-Vibha 10:15				
9:45-10:45 AM	Pilates <i>Jill</i>	Aerobic Sculpt <i>Cindy</i>	Zumba <i>Krysten</i>	Pilates <i>Jill</i>	Body Bar <i>Ron</i>	
PM						
11:00-11:45		Silver Sneakers "Muscular Strength" <i>Regina</i>			Silver Sneakers "Muscular Strength" <i>Regina</i>	
12:00-3:00 PM		*Mah-Jong <i>Call:639-0273</i> (\$2.50 per class unless member)	"NEW" Silver Sneakers Cardio /Cindy 12:30 pm	*Mah-Jong <i>Call:639-0273</i> (\$2.50 per class unless member)		
12:00-3:00 PM				* Party Bridge <i>Call:575-0703</i> (\$2.50 per class unless member)		
5:00-6:00 PM	Zumba <i>Krysten</i>			Zumba <i>Krysten</i>		

10169 Tamiami Trail (Next to Sweetbay)
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