



Crestview Family YMCA

Summer Fitness Schedule

For your safety and enjoyment, class limit for: Power Sculpt, Yoga, Step, is 18. Class limit for AOA & Zumba Fitness is 24. Numbers will be issued for class participation 10 minutes prior to class start for AM Classes and 15 Minutes prior for PM Classes.

Due to the overwhelming response to our classes, a FIRST COME, FIRST SERVED policy is in effect for all free land fitness classes and we will give all members equal opportunity to attend classes. **All participants are asked to wait in lobby in chairs provided.** Seating in the order of arrival at the designated start. Please do not save space for others - this also means no children are allowed to save space(s). Classes are for participants only. All children must be in Kidz Zone or Game Room. No Exceptions. We appreciate your patience and understanding as we all – members and staff – adjust to these new procedures.

50 minute	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
CYCLING						
5:00am			Susan/Dan			
8:00am		Kim W.		Kim W.		Cheyenne
9:00am	Cheyenne		Cheyenne			
5:30pm	Susan	Trisha		Cheyenne		
LAND FITNESS						
7:00am						WOW Women on Weights Betty
8:00am	AOA Beginner Susan		AOA Beginner Corinne		AOA Beginner Corinne	8:30 -9:30 Zumba Fitness Kathleen W Tiffany L
9:00am	Step Carla	Power Sculpt Kim W.	Step Carla	Power Sculpt Kim W.	Step Carla	9:30 – 10:00 Buns & Abs Kathleen W Tiffany L
10:00am	Zumba Fitness Melissa		Yoga-Lates Susan	Zumba Fitness Eyrnne	Candlelight Yoga Susan	
10:35am		Y Kid Fitness Kim W.				
11:00am	AOA Zumba Gold Tiffany		AOA Nasa		AOA Nasa	
4:00pm			Power Sculpt Kim W.			
4:30pm	*Taekwondo 3-10 yrs Cody	Zumba kathleen		*Taekwondo 3-10 yrs Cody		
5:30pm	Step Trisha	Yoga/Core Erica	Step Trisha	Y Kids Fitness Kim S	Latin RhythMZ Melissa	
6:30pm	Zumba Fitness Melissa		Zumba Fitness Kim S.			