

Fulton Family YMCA Aerobic Schedule

Effective January 24, 2008

Classes are in the Multi-Purpose Room unless otherwise stated.

<u>Time/Day</u>	<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
7:30 am – 8:30 am		Active Adult 7:45 - 8:45		Active Adult 7:45 - 8:45	
8:30-10:00 am	Total Body Workout		Total Body Workout		Total Body Workout
9:00-10:00 am	*Aqua Aerobics	Pilates	*Aqua Aerobics	Pilates	*Aqua Aerobics
10:00-11:00 am	Step Cardio	Yoga	Step Cardio		Step Cardio
11:00-12 pm		**Osteo Exercise	Yoga	**Osteo Exercise	
4:00-6:15 pm					
4:15 - 7:15 pm	Doreen's Dance	Doreen's Dance 4-6:15 pm		4:30 – 5:30 Pilates	
5:15-6:15 pm	Kick Boxing (Gym)		Kick Boxing (Gym)	5:30 – 6:30 Yoga	
6:30 – 7:30 pm	Total Body Workout		Total body Workout 5:30 – 7:00		
7:00-8:00 pm	*Aqua Aerobics		*Aqua Aerobics		Aqua Aerobics
7:15-8:15 pm		Cardio Sculpt		Cardio Sculpt	

***Aqua Aerobics:** Aerobic exercises in the pool and beneficial due to support supplied by the water. **Instructors: Mary Clarke and Sherry Eichmann.**

Cardio-Sculpt: Aerobics, weights and toning to increase metabolism and burn more fat. **Instructor: Chrissy Mason.**

****Osteo Exercise-Call RSVP to register.**

Pilates: Introductory class following YMCA certified program. **Instructor: Karen Davies**

Step Cardio: Step aerobics set to music. **Instructor: Chrissy Mason.**

Total Body Workout: Total body workout using weights and muscle specific exercises. **Instructors: Karla Ronco, Karen Davies, & Carol Ware**

Yoga – Instructor – Michelle Clark