

Davie Family YMCA Group Exercise Schedule

Revised 7/28/08



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00am		<i>Rise & Spin</i>		<i>Rise & Spin</i>		
8:15am		Sit & Fit		Sit & Fit		
8:30am	Cardio Lite	Boot Camp	Yogalates	Boot Camp	Yoga Express Boot Camp	<i>Full Spin Ahead</i>
9:15am	Step Up	Pilates (NEW TIME)	Step Up	Pilates (NEW TIME)	Cardio Mix	
9:30am		Twinkle Toes		Twinkle Toes		Cardio Mix
10:00am	Functional Strength	Kid Fyt (ends 8/21/08)	Functional Strength	Kid Fyt (ends 8/21/08)	Functional Strength	
10:10am		Low Impact Dance Party		Kickboxing		
10:35am	Yoga Lite		Yogalates		Yoga Lite	Yoga Lite
11:15am		Christian Cardio		Walk on the Y Side		
12:15pm	Yogalates Express		Yogalates Express		Yogalates Express	
1:00pm		Sit & Fit		Sit & Fit		
4:30pm	YogaFyt		YogaFyt			
5:30pm	Step Up	Boot Camp	Sculpt	Cardio Mix		
6:30pm	Ab Blast <i>Full Spin Ahead</i>	YogaFyt	<i>Full Spin Ahead</i>	YogaFyt		
7:30pm		Kickboxing		Kickboxing		

Bolded/ Italic cycle classes are held in the Cycle Studio
All our classes are designed to be beginner friendly, so come on in!

Look for an evening Kid Fyt class starting in September!

Zumba is coming!
Starting in September, get ready for a Latin flavored, cardio dance workout!

Our Mission: Helping people reach their God-given potential in spirit, mind and body.