



# Bounds Family YMCA

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:15	SPINNING Lori(45 Min) <b>S</b>	SPINNING Felicia (45 Min) <b>S</b>	SPINNING Lori(45 Min) <b>S</b>	SPINNING Neils(45 Min) <b>S</b>	SPINNING Susie(45 Min) <b>S</b>	
5:45		Aqua Fitness Lisa (60 min) <b>P</b>		Aqua Fitness Lisa (60 min) <b>P</b>	Aqua Fitness Lisa (60 min) <b>P</b>	8:15-9:00 Spinning Instructor (See back) <b>S</b>
7:00		Tai Chi Suzanne (60 Min) <b>A</b>			Tai Chi (7:10) Suzanne (60 Min) <b>A</b>	9:30-10:15 SPINNING Instructor (See back) <b>S</b>
8:15	SPINNING (C-Factor) Trish (45 Min) <b>S</b>	SPINNING Kim (45 Min) <b>S</b>	SPINNING w/CorePole Stephanie (45 Min) <b>S</b>	SPINNING Tiffany (45 Min) <b>S</b>	SPINNING Stephanie/Trish (45 Min) <b>S</b>	9:30 Aqua Fitness Trish/Linda (60 min)
	Move it All Gidget <b>A</b>	Tone to Stone Trish <b>A</b>	Zumba Gidget <b>A</b>	Double Bench Blast Trish <b>A</b>	Zumba Abby <b>A</b>	9:30-10:30 YOGA Instructor (See back) <b>Y</b>
	Boot Camp Lana (60 Min) <b>Y</b>	Yoga Jessica (60 Min) <b>Y</b>	Yoga Deb (60 Min) <b>Y</b>	Cardio Boxing Derick (60 Min) <b>Y</b>		
8:30		Trekking Peter <b>C</b>				SUNDAY 1:15-2:15 SPINNING Instructor (See back) <b>S</b>
9:30	Twinges & Hinges Sandy (45 min) <b>P</b>	Aqua Fitness Trish (60 min) <b>P</b>	Twinges & Hinges Sandy (45 min) <b>P</b>	Aqua Fitness Trish (60 min) <b>P</b>	Twinges & Hinges Sandy (45 min) <b>P</b>	3:00-4:00 YOGA/PILATE Instructor (See back) <b>Y</b>
	SPINNING Stephanie (45 Min) <b>S</b>	SPINNING Tiffany (45 Min) <b>S</b>	SPINNING (C-Factor) Trish (45 Min) <b>S</b>	SPINNING Lori (45 Min) <b>S</b>	SPINNING Kim (45 Min) <b>S</b>	
	Cross Train Challenge Kim (75 Min) <b>A</b>	Zumba Kourtney(45 min) <b>A</b>	Cross Train Challenge Kim (75 Min) <b>A</b>	Step Kim E. <b>A</b>	Tone to Stone Trish (75 Min) <b>A</b>	
	Pilates Lori (60 Min) <b>Y</b>		Pilates Lori (60 Min) <b>Y</b>		Pilates Allyson (60 Min) <b>Y</b>	
	Trekking Peter <b>C</b>		Trekking Peter <b>C</b>		Trekking Peter <b>C</b>	
10:00		Power Yoga Liz (60 Min) <b>Y</b>		Power Yoga Stephanie (60 Min) <b>Y</b>		
10:15	Just My Speed Sandy (45 min) <b>P</b>		Just My Speed Sandy (45 min) <b>P</b>		Just My Speed Sandy (45 min) <b>P</b>	
10:30	Yoga Liz <b>Y</b>	Yoga Stretch Kim <b>A</b>	Yoga Jessica C-Factor <b>Y</b>	Gentle Yoga Kim <b>A</b>	Gentle Yoga Liz <b>Y</b>	
11:00	<b>A</b>		<b>A</b>		<b>A</b>	
11:15		Pilates Lori (60 Min) <b>Y</b>		Power Pilates Allyson(60 Min) <b>Y</b>		
12:00		SPINNING Stephanie (45 Min) <b>S</b>		SPINNING Felicia (45 Min) <b>S</b>		
4:30	Pilates Kim A. (60 Min) <b>Y</b>	Yoga Deb (60 Min) <b>Y</b>		Pilates Kim A. (60 Min) <b>Y</b>		
4:45	SPINNING (Posted) Kim (45 Min) <b>S</b>	SPINNING Carrie (45 Min) <b>S</b>	SPINNING Lori C.(45 Min) <b>S</b>	SPINNING Stephanie (45 Min) <b>S</b>		
	Total Cardio Kourtney (45 Min) <b>A</b>	Cardio Chizzle Kourtney (45 Min) <b>A</b>	Zumba Gina (45 Min) <b>A</b>	Cross Train Challenge Kourtney (45 Min) <b>A</b>	Zumba Gina (45 Min) <b>A</b>	
5:30	Awesome Abs Carmen (15 Min) <b>A</b>	Awesome Abs Kourtney (15 Min) <b>A</b>	Awesome Abs Carmen (15 Min) <b>A</b>	Awesome Abs Derrick (15 Min) <b>A</b>	Awesome Abs Gina(15 Min) <b>A</b>	<b>C-- Cardio Deck</b>
5:45	Power Lift Carmen (60 Min) <b>A</b>	Boot Camp Derrick <b>A</b>	Power Lift Carmen(60 Min) <b>A</b>	Boot Camp Derick (60 Min) <b>A</b>	Power Lift Carmen(60 Min) <b>A</b>	<b>A-- Aerobics room</b>
	SPINNING Susan (45 Min) <b>S</b>	SPINNING Lorrie (45 Min) <b>S</b>	SPINNING Jamie (45 Min) <b>S</b>	SPINNING Susan (45 Min) <b>S</b>		<b>Y- Yoga/Pilates Studio</b>
	Zumba Kourtney (60 Min) <b>Y</b>	Yoga Dana (60 Min) <b>Y</b>	Yoga for Athletes Liz (60 Min) <b>Y</b>	Yoga Wendy (60 Min) <b>Y</b>		<b>S -- Spinning room</b>
6:30	Aqua Fitness Claudia (60 min) <b>P</b>		Aqua Fitness Kathy (60 min) <b>P</b>			<b>P-- Pool</b>

OUR MISSION: To put Christian principles into practice through programs that build healthy spirit, mind and body for all.