

# G. Pearson Ward—Your Downtown YMCA

wellness schedule April 5- September 5, 2010

M	T	W	Th	F
<b>Tai Chi- Class ends 5/25/10</b> 7:15am-8:15am Roxie wellness studio		<b>Advanced Sports Conditioning</b> 5:45am-6:45am Brad wellness studio		<b>Tone 2 the Max</b> 6am-6:45am Patty wellness studio
<b>Stretch and Flex</b> 8:15am-9am Kyla wellness studio	<b>Silver Sneakers®</b> 9am-9:45am Jamie wellness studio	<b>Stretch and Flex</b> 8:15am-9am Angie wellness studio	<b>Silver Sneakers®</b> 9am-9:45am Janice wellness studio	<b>Stretch and Flex</b> 8:15am-9am Roxie wellness studio
<b>Yoga</b> 9:30am-10:30am Kirsten wellness studio	<b>20/20/20</b> 10am-11am Jamie wellness studio	<b>Yoga</b> 9:30am-10:30 Kirsten wellness studio	<b>20/20/20</b> 10am-11am Jamie wellness studio	
<b>Cardio Lunch Express</b> 12:15-12:45pm Kyla wellness studio	<b>Yogalates</b> 12:10pm-1pm Melissa wellness studio	<b>Step N' Tone</b> 12:10pm-12:50pm Jamie wellness studio	<b>Yogalates</b> 12:10pm-1pm Jessica community room	<b>Core Class</b> 12:10pm-12:50pm Charity wellness studio
	<b>Variety Class</b> 4:30pm-5:15pm Janice wellness studio		<b>Cardio Lunch Express</b> 12:15pm-12:45pm Mary wellness studio	
<b>Tone 2 the Max</b> 5:30pm-6:15pm Libby wellness studio			<b>Advanced Yogalates</b> 5:30pm-6:15pm Amy wellness studio	
	<b>Kickboxing</b> 5:15pm-6pm Jessica wellness studio	<b>Core Class</b> 5:45pm-6:30pm Esther wellness studio	<b>Combo Yoga- Levels I and II</b> 5:30-6:30pm Amanda	
<b>Level 3 Power Flow Yoga</b> 6:35pm-7:35pm Emery /Angela community room	<b>Level 2- Power Yoga</b> 6pm-7pm Kirsten community room	<b>Level I Yoga</b> 6:35-7:35pm Amanda community room		<b>Saturday</b>
	<b>Zumba</b> 6:45pm-7:30pm Shavonne wellness studio		<b>Zumba</b> 6:45pm-7:30pm Shavonne wellness studio	<b>Level I Yoga- 1, 3, 5 of every month</b> 10am-11am Mona wellness studio
				<b>Zumba-2, 4<sup>th</sup> of every month</b> 10am-11am Shavonne wellness studio

