

GYMNASIUM #2

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING CLASSES AND PROGRAMS							
8	Silver Sneakers (Barb) 8:15-9:15		Silver Sneakers (Alethia) 8:15-9:15		Silver Sneakers (Barb) 8:15-9:15		
9							
	Zumba (Deena) 9:30-10:30	Hip Hop (Keelie) 9:30-10:30 (11/17)	Zumba (Deena) 9:30-10:30	Core Training (Grchen) 9:30-10:15 (11/19)	Zumba (Chris) 9:30-10:30		
10						Family Zumba (Chris) 10:00-11:00	
11						Family Gym 11:00-1:00	
AFTERNOON CLASSES AND PROGRAMS							
12						Family Gym 11:00-1:00	
EVENING CLASSES AND PROGRAMS							
5		Taekwondo * \$ 5:00-5:45		Taekwondo * \$ 5:00-5:45			
6	Zumba (Marie) 6:15-7:15	Taekwondo * \$ 5:45-6:30	Zumba (Kitty) 6:15-7:15	Family Taekwondo 5:45-6:30 (Free)	Family Zumba (Brooklyn) 6:15-7:15		
7		Family Zumba (Kitty) 6:45-7:45		Zumba 101 (Marie) 6:45-7:45	Family Night 4th Friday of month 7:15-9:00		
8	Ski Fit (Julene) 7:30-8:30		Ski Fit (Julene) 7:30-8:30				

Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice when necessary. Please see Cycling, Group Wellness, and Aquatics for other fitness programs.

* See program flyer for more information

\$ Fee-based program

Updated 11/9/09

**COAL CREEK FAMILY YMCA
NOVEMBER SCHEDULE**

