

FITNESS SCHEDULE

Winter 2010

Pittsfield Family YMCA
 292 North St Pittsfield, MA 01201
 (413) 499-7650



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Boot Camp 6:00-6:30AM Auditorium Tanya	Indoor Cycle 5:45- 6:30AM Cycle Room Kim	Boot Camp 6:00-6:30AM Auditorium Tanya	Indoor Cycle 5:45- 6:30AM Cycle Room Kim	
	Senior Aerobics 8:30-9:15AM Auditorium Theresa		Senior Aerobics 8:30-9:15AM Auditorium Theresa		Vinyasa Yoga 6:30-7:30AM Auditorium Sam	
	Senior Strength Silver Sneakers 9:30-10:45AM Auditorium Theresa		Senior Strength Silver Sneakers 9:30-10:45AM Auditorium Theresa		Senior Cardio Circuit Silver Sneakers 9:30-10:30AM Auditorium Theresa	Cardio Kickboxing 9:00-10:00AM Auditorium Melanie
	Gentle Yoga 11:00AM-12:15PM Auditorium Kim		Gentle Yoga 11:00AM-12:15PM Auditorium Kim		Gentle Yoga 11:00AM-12:15PM Auditorium Kim	
		Indoor Cycle 12:15-1:00PM Cycle Room Heather		Indoor Cycle 12:15-1:00PM Cycle Room Heather	Boot Camp 12:20PM – 1:00PM Auditorium Lee	Zumba 12:00PM-1:00PM Auditorium Kim ****
	Core&More 5:30-6:30PM Auditorium Wanda	Cardio Kickboxing 5:30-6:30PM Auditorium Melanie	Core&More 5:30-6:30PM Auditorium Wanda	Cardio Kickboxing 5:30-6:30PM Auditorium Melanie	Community Dance 5:00-7:00PM Auditorium Vanessa	
	Indoor Cycle 5:30-6:30PM Cycle Room MJ	Indoor Cycle 5:30-6:30PM Cycle Room Jenna	Indoor Cycle 5:30-6:30PM Cycle Room MJ	Indoor Cycle 5:30-6:30PM Cycle Room Sue		
		Vinyasa Yoga 7-8pm Auditorium Sam		Zumba 6:45-7:45pm Auditorium Kim ****		

**** Specialty Class - Subject to fee