

Niagara Falls YMCA Fitness Schedule Beginning June 30, 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	STEP 6:00-6:45am ABS BLAST 6:45-7:00am		BODY SCULPT 6:00-6:45am ABS BLAST 6:45-7:00am			
ATHLETIC HOUR 9:15-10:15am	BODY SCULPT 9:15-10:15am	STEP 9:15-10:15am GENTLE FIT 10:45-11:30am	YOGA FITNESS 9:15-10:00am	STEP 9:15-10:15am	ATHLETIC HOUR 9:15-10:15am	STEP 9:15-10:15am
GENTLE FIT 1:15-2:00pm						
BOX FIT 5:30-6:15pm	STEP 5:30-6:15pm		BODY SCULPT 6:00-6:45pm			
STEP 6:30-7:30pm	BODY SCULPT 6:30-7:15pm	STEP 6:30-7:30pm				Class held in Room D/E. All other classes held in Gym 3.
YOGA FITNESS 6:00-6:45pm		YOGA FITNESS 6:00-6:45pm				
YMCA STUDIO						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CYCLEFIT 6:00-6:45am		CYCLEFIT 6:00-6:45am				
CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	CYCLEFIT 9:30-10:15am	
CYCLEFIT 5:30-6:15pm		CYCLEFIT 5:30-6:15pm				
	CYCLEFIT 6:00-6:45pm		CYCLEFIT 6:00-6:45pm			
POOL						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am	AQUAFIT 9:30-10:15am		
		AQUAFIT in MODERATION 2:30-3:15pm		AQUAFIT in MODERATION 2:30-3:15pm		
AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm	AQUAFIT 7:45-8:30pm			