



 YM-YWHA	Winter/Hiver 2012	Begins/Débutera Jan. 8 janv. 2012	YMYWHA-WIJCC BEN WEIDER FITNESS	Group Fitness Schedule	Horaire de Classes
SUNDAY DIMANCHE	MONDAY LUNDI	TUESDAY MARDI	WEDNESDAY MERCREDI	THURSDAY JEUDI	FRIDAY VENDREDI
			7:00-8:00AM EARLY BIRD WORKOUT! ShirleyAnn		
9:00-10:00AM Zumba Toning Circuit Elysa	8:30-9:25AM Sweat Box Andrea	8:15-9:10AM Cardio Interval Lynn V.	9:00-9:55am Zumba Elysa	8:30-9:25AM Bootcamp Kelly	8:30-9:10AM Flex & the City Lynn S.
	9:30 -10:25AM Fit -n-Firm Andrea	9:15-10:00am "UpperCuts" Elysa	10:00-10:30AM Below the Belt Elysa	9:30-10:25 Pilates Fusion Alison	9:15-10:15AM Fight Club Barbara
			12:00-12:50PM Gentle Fitness Andrea		12:-12:50PM Salsasize Lynn V.
	6:05-6:55PM Chisel Challenge Elysa		6:15-7:15PM Cardio Sculpt Theresa		
<i>N.B.:Schedule subject to change without notice. Sujet au changements sans avis.</i>	7:00-7:55 PM Zumba Genevieve	7:00-8:00pm YogaFit Lynn S.		6:30-7:30 Fit to the Core Catherine	

**AS A COURTESY TO FELLOW PARTICIPANTS, PLEASE ARRIVE ON TIME FOR GROUP CLASSES.
PLEASE JOIN ANY CLASSES ALREADY IN PROGRESS AS QUIETLY AS POSSIBLE!
THANK YOU FOR YOUR COOPERATION IN THIS MATTER!**

