

EFFECTIVE 6/1/08

**GROUP FITNESS CLASS SCHEDULE**



**YMCA OF KINGSTON  
& ULSTER COUNTY**

507 Broadway  
Kingston, NY 12401  
(845) 338-3810  
www.ymcaulster.org

	SUNDAY	MONDAY	TUESDAY	WEDS	THURS	FRIDAY	SATURDAY
6:00-7:00AM		Barbell Strength Training COLLEEN		Barbell Strength Training AMY		Barbell Strength Training BETH	
7:00-8:00AM		CV Fitness HAL/HANK		CV Fitness HAL/HANK		CV Fitness HAL/HANK	
7:00-8:00AM						Pilates Body ROSI	
8:30-9:30AM			Free Weights for Women MARY		Free Weights for Women MARY		
9:00-10:00 AM				Gentle Yoga JOHN			
9:30-10:30AM		Body Fusion MARY	ZUMBA BETH	Body Fusion MARY	ZUMBA BETH	Body Fusion JEN	Barbell Strength Training JUDY
9:30-11:00AM		Vinyasa Yoga GRETCHEN					
10:30-11:30AM	ZUMBA RACHEL						Superstep JUDY
10:30-11:30AM							Vinyasa Yoga SUSAN
10:30-12:00PM				Flow Yoga JOHN		Flow Yoga JOHN	
12:00-1:00PM		Low Impact BROOKE	POWER LUNCH YOGA REBECCA	Low Impact BROOKE		Low Impact BROOKE	
4:30 - 5:30PM		ZUMBA AMY		ZUMBA BETH			
5:30-6:30PM		Barbell Strength Training AMY	Kickboxing ELVA	Barbell Strength Training SUE	Kickboxing ELENA	ZUMBA AMY	
5:30-7:00PM		Athletic Yoga Stretch GRETCHEN	Flow Yoga REBECCA	Vinyasa Yoga BRIAN	Hatha Yoga MIKE		
6:00-7:15PM						Restorative Yoga SUSAN	
6:30-7:30PM		Boot Camp DAVE	ZUMBA BETH	Boot Camp DAVE	ZUMBA RACHEL		

**CLASS LOCATIONS:**

GROUP FITNESS ROOM	YOGA STUDIO	FREE WEIGHT ROOM
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