



We build strong kids, strong families, strong communities.

Hamden/North Haven YMCA Fall 2008 Group Fitness & Group Fitness Studio Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	6:00 -6:45am Cycling/Tricia		6:00 -6:45am Cycling/Tricia		
6:45- 7:45am Rise 'n Shine Don *		6:45- 7:45am Rise 'n Shine Don *		6:45- 7:45am Rise 'n Shine Don *	
				8am-8:45am Strength & Cardio/Ball Brian * Set to 50's and 60's music	8am-8:45am Fit Function Nick *
9:00-9:45am Strength & Sculpt Laura	9:00-9:45am Strength & Cardio Brian * Set to 50's and 60's music	9am-9:45am Strength & Sculpt Cathy *	9:00-9:45am Strength & Cardio Brian * Set to 50's and 60's music	9:00-9:45am Strength & Sculpt Cathy *	9am-9:45am Weekend Warrior Athletics Nick
9:45 – 10 am Ultimate Abs Steph B. * 10:00-10:45am Fall Soccer ***	10:00-10:45am Fall Soccer *** Fall Soccer will take place in GF Studio only in inclement weather	9:45am-10:45am Yoga Monica *		9:45am-10:45am Yoga Monica 10:45-11:30am Get on the Ball Lauren **	10am-12pm Karate ***
5:00-5:30 pm Cycling Cathy T. *	5:30-6:15 Cardio Combo Pat *		5:30-6:15pm Strength & Cardio 80's Brian * Set to 80's music		
5:30-6:15 Strength & Sculpt Cathy *		5:30pm-6:15pm Pilates Sarah *		4:30pm-5:15pm Teen Cardio Camp Pat *	
6:15-7:15 Pilates Sarah *	6:15pm-7:15pm Vinyasa Yoga Monica *		6:30pm-7:30pm Vinyasa Yoga Monica *	5:30pm-6:15pm Cardio Combo Pat *	
7:15 – 8:15 Zumba Melissa *	7:30-8:30pm Cycling Debbie *	7-9 Karate ***	7:45-8:45 Zumba Melissa *		

*: program is free with YMCA membership

** : Youth Fitness Program (comes with additional fee)

***: Youth Sports Program

Updated 10/9/08

Fall Soccer: Only if inclement weather