




Winter EXERCISE SCHEDULE Effective January 4, 2010



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 6:20am Spinning Christy (Not UFP) ***** 7:00 – 8:00am Circuit Training Karen	6:00-6:50 Cardio Mix Cathleen	5:30 – 6:20am Spinning Jaime (Not UFP) ***** 8:00- 8:45am Body Sculpting Sharon	7:00 – 8:00am Circuit Training Karen	7:30 -8:30am Tai Chi♥ David	8:10 – 9:00am Spinning Jaime (Not UFP)	Open: at 9am
8:45-9:45am Boot Camp Karen	8:45 -9:45am Cardio Ball Joanne O. ***** Circuits & Strength 9:15- 10:00 Anna	8:45-9:45am Cardio Kick Sharon	8:45-9:45am Step & Sculpt Karen ***** 8:30 – 9:20am Spinning Jaime (Not UFP)	8:45-9:45am Body Sculpting Sharon	8:15-9:15am Zumba! Karen 9:15-9:30 Abs	9:10 – 10:00 Spinning Jaime (Not UFP)
9:50-10:50am Body Sculpting Sharon	9:45-10:45am Body Sculpting Linda ***** 10 -11am Yogalates♥ Debbie (In the Basketball Gym)	9:50 -10:50am willpower & grace Debbie	9:45 -10:45 All Level Pilates Joanne O.	9:50-10:50am Cardio Kick Karen ***** 10 -11am Yogalates♥ Debbie (In the Basketball Gym)	9:30-10:30am Body Sculpting Karen	10:15 - 11:00am Instructors' Cardio Choice Cathleen
11:00-12:00pm Easy Does It♥ Linda	11 -12:00pm Easy Does It♥ Linda	11:00-11:45am Silver Sneakers @YogaStretch♥ Debbie (Begins 2/3/10)	11:00-12:00pm Easy Does It♥ Joanne O.	11:00-12:00pm Easy Does It♥ Ed	11:00 -11:50am Spinning Stephanie M. (Not UFP)	11-11:45 Body Sculpting Cathleen
	12:05 – 1:00 Silver Sneakers® MSROM♥ Debbie		12:05 – 1:00 Silver Sneakers® MSROM♥ Linda			
4:50- 5:50pm Pilates Joanne O.	4:50 -5:50pm Pilates Leslie	4:50- 5:50pm Pilates Joanne O.	5:00 – 5:50pm Body Sculpting Linda		12:15 -1:00pm Y-BE-FIT KIDS Bianca (Not UFP)	
6:00 – 7:00pm willpower & grace Joanne O.	6:00-7:00pm Zumba! Stephanie	6:00 – 7:00pm Body Sculpting Joanne P.	6:00-7:00pm Cardio Kick Box Cathleen			Closes at 3:00pm
7:00 -8:00pm Cardio Mix Gina	7:00 – 8:00pm Cardio Sculpt Robin 7:30 – 8:20pm Spinning/Step M. (Not UFP)	7:00-8:00pm Zumba! Stephanie			Closes at 5pm	Schedule subject to change; Any class with less than 4 participants regularly may be cancelled

▼ RECOMMENDED FOR SILVER SNEAKERS® PARTICIPANTS
We Build Strong Kids, Strong Families, Strong Communities

Lakewood-Trumbull YMCA
 20 Trefoil Drive
 Trumbull, CT 06611
 Phone: (203)-445-9633

Fax: (203)-445-9080

Facility Hours: Monday – Friday 5:15am -9pm

Saturday 8am – 5pm;

Sunday 9am- 3pm

Child Watch: Monday – Friday: 8:30 – 12:30pm

Mon – Thurs 4 -7pm, Sat 8:15am – 11:45am

Not UFP: Not included in Unlimited Fitness Pass, an extra fee is charged.