

MOUNT DESERT ISLAND YMCA

Fitness Schedule

Dates: April 28, 2008 through June 22, 2008

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am :30							
6 am :30							FREE WITH MEMBERSHIP
7 am :30		AM Abs 6:30-6:50	Multi-Level Indoor Cycling 6:30-7:30am	AM Abs 6:30-6:50	Multi-Level Indoor Cycling 6:30-7:30am		
8 am :30							FREE WITH MEMBERSHIP
9 am :30	Total Body Cond. with Bosu	Indoor Cycling 9:00 AM	Muscular Strength w/stability ball 9-10am		Cycle and Track 9-10am	Pilates w/Sharyn K. 9-10am	
10 am :30		FREE strollercize!					FREE WITH MEMBERSHIP
11 am :30		10-11am					
12 PM :30		Beginner Indoor Cycling 12pm	Stability ball 101		Stability ball 101	Hatha Yoga w/ Vivienne 10:30-11:45	FREE WITH MEMBERSHIP
1 PM :30							
2 PM :30							FREE WITH MEMBERSHIP
3 PM :30							
4 PM :30							FREE WITH MEMBERSHIP
5 PM :30		Women of Steel 5:15-6:15pm		Women of Steel 5:15-6:15pm			
6 PM :30	Boot Camp 5:30-6:60pm	Indoor Cycling 6-7pm					FREE WITH MEMBERSHIP
7 PM :30	Pilates 5:30-6:30pm			Arms&Abs 6:00-6:30pm			
8 PM :30							FREE WITH MEMBERSHIP

Fitness Schedule - April 28-June 22