

MOUNT DESERT ISLAND YMCA

Fitness Schedule

Dates: February 25, 2008 through April 20, 2008

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5 am							
6 am							
7 am		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		FREE WITH MEMBERSHIP
8 am					Lee's Camraderie Club		
9 am	Total Body Cond. with Bosu	Indoor Cycling 9:00 AM	Muscular Strength w/stability ball	Talks and Walks FREE 9-10am	Cycle and Track 9-10am	Dynamic Balance Pilates w/Sharyn K. 9-10am	
10 am	Ready Fit FREE FOR ALL 10:15-11:15				Ready Fit FREE FOR ALL 10:15-11:15		
11 am							
12 PM		Beginner Indoor Cycling 12pm	Stability ball 101		Stability ball 101	Hatha Yoga w/ Vivienne 10:30-11:30	
1 PM							
2 PM							
3 PM							
4 PM		Fit Kids 3:45-4:45pm		Fit Kids 3:45-4:45pm			
5 PM							
6 PM	Boot Camp 5:30-6:00pm	Indoor Cycling 6-7pm	Cardio track workout 5:30-6:30pm	Indoor Cycling 6-7pm	Beginner Indoor Cycling 6-7pm		
7 PM	Pilates 5:30-6:30pm			Arms&Abs 6-6:30pm			
8 PM							

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