

# Charlotte Ave. Branch YMCA

402 Charlotte Ave. 329-9622

## HOURS:

5:00 am - 9:30 pm Mon-Fri  
 7:30 am - 6:00 pm Sat  
 1:00 pm - 6:00 pm Sun

## CHILDWATCH HOURS:

8-12 am Mon-Fri  
 4-8 pm Mon-Fri  
 9-11:30 am Sat

**MAY**

**Mon.                      Tues.                      Wed.                      Thurs.                      Fri.                      Sat.**

<b>8:15-9:15am</b> Turbo Kick w/Fran	<b>8:15-9:00am</b> Sculpt/Sweat w/ Danne L1-3 C0	<b>8:15-9:00am</b> Abs, Glutes & Thighs w/ Fran	<b>8:00-8:45am</b> Core Conditioning w/ Lisa & Mike	<b>8:15-8:45am</b> Abs & Back w/Fran	<b>8:15-9:00am</b> Sculpt/Sweat w/Colleen
<b>9:00-10:00 am</b> Silver Sneakers Muscular Strength/ROM w/Bill	<b>9:15-10:15am</b> Fit over 50 w/ Sylvia	<b>9:00-10:00am</b> Silver Sneakers Muscular Strength/ROM w/Bill	<b>9:15-10:15am</b> Fit over 50 w/ Sylvia	<b>9:15-10:15am</b> Pilates w/Joy	
<b>9:30-10:30am</b> Sculpt/Sweat w/Jo D. L2-3 C0	<b>10:30-11:30am</b> Sculpt/ Sweat w/Sondra L1-3 C0	<b>9:15-10:15am</b> Cardio/Sculpt w/Shelly L1-3 C1	<b>10:30-11:30am</b> Sculpt/ Sweat w/Sondra 1-3 C0	<b>10:15-11:15am</b> Aerobic Combo w/Kim	<b>9:30-10:30am</b> Sculpt/Sweat w/ Danne L1-3 C0
<b>10:30-11:30am</b> Pilates w/Diane L1-3 C0	<b>12:10-12:55pm</b> Yoga w/Kim	<b>10:30-11:30am</b> Pilates w/Diane L1-3 C0	<b>12:10-12:55pm</b> Yoga w/Kim	<b>12:10-12:55pm</b> Step w/ Laura L1-3 C1	
<b>12:10-12:55pm</b> Step w/ Laura L1-3 C1	<b>4:15-5:15pm</b> Zumba w/Tressa L1-3 C3	<b>12:10-12:55pm</b> Hi/Lo w/Laura L1-3 C1			
<b>5:00-6:00pm</b> Sculpt/ Sweat w/Diane	<b>5:15-6:00pm</b> Cardio Sculpt w/Cassie	<b>4:30-5:30pm</b> Sculpt/Sweat w/Sondra	<b>5:00-6:00pm</b> Zumba w/Emily L1-3 C3		
<b>6:00-7:00pm</b> Cardio Sculpt w/ Debbie	<b>6:00-6:30pm</b> Abs/Back/ Glutes w/ Cassie	<b>5:30-6:30pm</b> Kickboxing w/Janice	<b>6:00-7:00pm</b> Boot Camp w/ Debbie L-3 G0		<b>Sunday</b> 3:00-4:00pm Stretch n' Dance w/ Martha  4:30-5:30pm Cardio Sculpt w/ Amy L1-3 C0
<b>7:00-8:00pm</b> Step/Sculpt w/ Cynthia	<b>*New 6:30-7:30pm</b> Beg/Inter Yoga w/ Kim	<b>6:30-7:30</b> Step w/Joy			