

# Charlotte Ave. Branch YMCA 2010

402 Charlotte Ave. 329-9622

## Hours:

Monday -Friday –  
5:00 am - 9:30 pm  
Sat – 7:30 am - 6:00 pm  
Sun – 1:00 pm - 6:00 pm

## CHILDWATCH HOURS

8-12 am Mon-Fri  
4-8 pm Mon-Friday  
8:15-12:00noon  
New Sat. am Time

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

8:30-9:25am *Blood/Sweat &Tears-Mike Shelley L2-3/C-0 Not for Beg.	8:30-9:15am Fit Fix! W/Jo D L 1-3/C-0	8:30-9:25am Step/Abs w/Lee L1-2/C-0	8:30-9:15am ROCK Bottom Debbie L2-3/ C-0	8:30-9:30am *Jen's Boot Camp 101 w/Jennifer L2-3/C0	8:25-9:25am *Cardio Mania Michelle L2-3/ C-1 Not. Beg.
9:30-10:30AM Sculpt/Sweat w/ Jo. D. L2-3/C-0	9:25-10:25am Sassy/Classy Seniors-60+ w/Sylvia L1-2/C-0	9:30-10:30am Cardio/Sculpt w/Shelley L1-3/C-0	9:20-10:20AM Sassy/Classy Seniors-60+ w/ Sylvia L1-2/C-0	9:30-10:30AM Pilates w/Joy L1-3/C-0	9:35-10:35am Sculpt/Sweat w/ Danne L1-3/C0
10:45-11:45a Pilates w/Diane L1-3/C-0	10:30-11:30 Sculpt/Sweat W/ Sondra L1-3/C-0	10:40-11:40a Pilates W/ Diane L1-3/C-0	10:30-11:30AM Sculpt/ Sweat w/Sondra L1-3 /C-0	10:30-11:45AM Yoga Flow w/ *Barbara L2-3/C-0	10:45-11:45a Beginner Belly dancing w/Sultana L1-3/C1-3
12:15-1:00pm Step w/ Laura L1-3 C-1	4:00-5:00pm Pilates w/Joy L1-3/C0	12:15-1:00pm Hi/Lo w/Laura L1-3 /C-1	10:00-10:40 am CORE Walk Weight Intermediate L1-3/C0 NEW GYM	12:15-1:00PM Step w/ Laura L1-3/ C-1	<b>Sunday</b>  <b>3:30-4:15pm</b> Slow & Heavy Kettlebell Pump w/ Mickey All Levels**
1:30-2:15pm Muscular Strength/ROM SilverSneakers W/Colleen	4:00-4:45 "Kid Fit" W/Matt E Ages 6-12 New Gym	1:30-2:15pm Muscular Strength/ROM SilverSneakers W/Colleen	9:45-10:30a Chair Yoga w/Arlene All levels Meeting Room	5:00-5:45pm Bosu Beat w/Mia L1-3/C1-3 New Class!	
4:00-5:00pm Cardio/Combo w/Nancy G L1-3/C1	6:00-7:15pm Master Step#3&Abs W/Mia L3/C3 Not beginner	4:30-5:30pm Sculpt/Sweat w/Sondra L1-3/C0	4:00-5:00PM Pilates w/Joy L1-3/C-0		
5:30-6:30PM Zumba w/ Katie L1-3/C-3 OLD GYM New Time!	7:15-8:30pm Kettlebell & Core Starts 6-15 L1-3/C0 Mickey T New class!	5:30-6:30pm Zumba w/Sim L1-3/C2-3 OLD GYM	6:00-7:00pm C-Cubed Cardio/Core Conditioning w/Colleen F L1-3 C-0		
6:00-7:00PM BOOT CAMP 1-Debbie 2Michelle B 3- Amy L. 4- Jennifer W Alternating *L-3+/C-1 Not Beg. class			7:00-8:00pm Toning 101 w/Emily L2-3/C2-3		
7:00-8:00PM Step/Sculpt w/ Cynthia L1-2/C1-2		6:30-7:30pm Yoga Fit w/ Kim Neal L1-3			

## July 2010

### NEW CLASSES

Mon: Yoga- 8:15-9:30am w Ann W  
Zumba- Old Gym 5:30pm  
Cardio Combo-Nancy G  
\*Bootcamp/Bosu's/BodyBar- AI  
Tues: KEttlebell- w Mickey  
7:15-8:15pm  
KID FIT- 4:00-4:45pm  
NEW GYM! Ages 6-12 yrs.  
WED: New Step/Sculpt& abs-Lee  
New Zumba-Sim- OLD GYM  
THUR: Rock Bottom -8:30am Debbie  
10:00am-Int.Weight/Walk &  
CORE/Kettlebell, Bosu  
Inter.Level-NEW GYM  
Toning 101-Emily  
Fri Bosu Beat/Balance Core  
W/Mia 5:00-5:45pm  
Sat: Cardio Mania- 8:30-9:30am  
Belly Dancing-10:45-11:45am  
Closed Sunday, July 4<sup>th</sup>.

### Indoor Cycle Classes

Mon:  
5:45-6:30am –Robert  
12:15-1:00pm-Trish  
6:00-7:00pm-Open Ride  
Tues:  
5:45-6:30am-Frank  
\*9:15-10:00am-Michelle/Amys  
6:00-6:45-Diane M  
Wed:  
5:45-6:30am- Michelle  
12:15-1:00pm-Deb Reeves  
Thurs:  
5:45-6:30am-Michelle  
\*9:15-10:00am-Rainey  
Sat: 9:15-10:00am- Dianne

### Sunday

4:30-5:30PM  
Cardio  
Sculpt w/  
Amy  
L1-3/ C-0