



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CHESTER COUNTY YMCA GROUP FITNESS

FEBRUARY 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:35-9:35am Cutting Edge Cardio Sandee (L1-2) C-2	8:30-9:00am Strength Training Jennifer (L-1) C-1	8:35-9:35am Cutting Edge Cardio Sandee (L1-2) C-2	8:30-9:00am Strength Training Jennifer (L-1) C-1	8:35-9:35am Cutting Edge Cardio Sandee (L1-2) C-2	10:00-11:30am Instructor's Choice Sandee (L2-3)	
		10:30-11:30 Silver Sneakers Jennifer, Mary		10:30-11:30 Silver Sneakers Jennifer, Mary		
5:30-6:30pm Pure Step Randi (L1-2-3) C2-3	5:45-6:45pm Step Randi (L2-3) C-3	5:30-6:30pm Instructor's Choice Sandee (L2-3)	5:45-6:30pm Body Resistance/Pilates Sandee (L1-2-3)			
6:45-7:45pm Beginner Floor Aerobics Mary (L-1) C-1	6:45-7:45pm Cutting Edge Sandee (L1-2)C-2		6:45-7:45pm Cutting Edge Sandee (L1-2) C-2			

Schedule is subject to change.

For more information, please contact Sandra Stinson.
(803)581-9622, ext. 23