

**BAKER FAMILY YMCA
FITNESS CENTER SCHEDULE-Fall 2010**

DAILY SCHEDULE

MONDAY – OPEN 4:45 am to 9:00 pm

5:15 - 6:00 am Cycling/K
5:15 - 6:00 am Sculpting/KK
6:15 - 7:00 am Step/M
8:30 - 9:30 am Step-Cardio/E

TUESDAY – OPEN 4:45 am to 9:00 pm

5:15 - 6:00 am Cycling/MB
5:15 - 6:15 am Yoga/J at YMCA Gym*
5:15 - 6:15 am Step/E
8:30 - 9:30 am Sculpt-Stretch/A or D
12:00 - 1:00 pm Yoga/RvC

WEDNESDAY – OPEN 4:45 am to 9:00 pm

5:15 - 6:00 am Cycling/K
5:15 - 6:00 am Sculpting/KK
6:15 - 7:00 am Step/M

THURSDAY – OPEN 4:45 am to 9:00 pm

5:15 - 6:00 am Cycling/MB
5:15 - 6:15 am Yoga/J at YMCA Gym*
5:15 - 6:15 am Step/E
8:30 - 9:30 am Sculpt-Stretch/A or D
12:00 – 1:00 pm Yoga/RvC

FRIDAY – OPEN 4:45 am to 8:00 pm

5:15 - 6:00 am Cycling/K or MB
8:30 - 9:30 am Step-Cardio/E

SATURDAY – OPEN 8:00 am to 5:00 pm

SUNDAY – OPEN Noon to 4:00 pm

*All classes are FREE with a YMCA Membership.
Join today and make a commitment to fitness.*

CLASS SCHEDULE

CYCLING CLASSES:

*M - F 5:15 am - 6:00 am
M, W 5:30-6:30 pm*

SCULPTING CLASSES

M, W 5:15 am – 6:00 am

SCULPT STRETCH CLASSES

Tu, Th 8:30 am - 9:30 am

STEP CLASSES:

*M, W 6:15 am - 7:00 am
Tu, Th 5:15 am - 6:15 am*

STEP-CARDIO CLASSES

M, W, F 8:30 am - 9:30 am

YOGA CLASSES:

Tu, Th 5:15 am - 6:15 am
Tu 12:00pm - 1:00 pm*

INSTRUCTORS:

A = Anne	JF = Jen F.
CB = Courtney	K = Kim
CV = Corrine	KH = Kim H.
D = Danielle	KK = Kelly
DC = Dave	M= Mary
DH = Dona	MB = Mitch
E = Elissa	MH = Merna
J = Janie	SM-B = Sabine M-B.
RvC = Rebecca	

**This class is held at the YMCA Gym on Church St.*

****Schedule effective August 30, 2010.****

YMCA POOL SCHEDULE

New Schedule Effective August 30, 2010

MONDAY:

6:00- 7:30 am Lap Swim
8:15- 9:15 am Water Exercise
9:15-10:15 am Deep Water Aerobics
8:30-10:15 am BHS Special Needs
11:30- 1:00 pm Lap Swim
3:30- 5:00 pm BHS Swim Team
5:00- 6:30 pm Lap Swim Lns. 1-4
5:30- 6:30 pm Water Aerobics Lns. 5&6
6:30- 8:00 pm \$2 Public Open Swim

TUESDAY:

5:15- 6:00 am Water Aerobics Lns. 5&6
5:15- 7:30 am Lap Swim
8:15-10:15 am 5-J Special Needs
11:30- 1:00 pm Lap Swim
4:30- 5:30 pm Special Olympics (9/21)
5:00- 6:30 pm Lap Swim Lns. 1-4
5:30- 6:30 pm Water Aerobics Lns. 5&6
6:30- 8:00 pm BHS Swim Team

WEDNESDAY:

6:00- 7:30 am Lap Swim
8:15- 9:15 am Water Exercise
9:15-10:15 am Deep Water Aerobics
11:30- 1:00 pm Lap Swim
3:30- 5:00 pm BHS Swim Team
5:00- 6:30 pm Lap Swim Lns. 1-4
5:30- 6:30 pm Water Aerobics Lns. 5&6
6:30- 8:00 pm \$2 Public Open Swim

THURSDAY:

5:15- 6:00 am Water Aerobics Lns. 5&6
5:15- 7:30 am Lap Swim
8:15-10:15 am 5-J Special Needs
11:30- 1:00 pm Lap Swim
4:30- 5:30 pm Special Olympics (9/21)
5:00- 6:30 pm Lap Swim Lns. 1-4
5:30- 6:30 pm Water Aerobics Lns. 5&6
6:30- 8:00 pm BHS Swim Team

FRIDAY:

6:00- 7:30 am Lap Swim
8:15- 9:15 am Water Exercise
9:15-10:15 am Deep Water Aerobics
11:30- 1:00 pm Lap Swim
1:30- 3:00 pm \$2 Public Open Swim
3:30- 5:00 pm BHS Swim Team
5:00- 6:30 pm Lap Swim
6:30- 8:00 pm \$2 Public Open Swim

SATURDAY:

8:00- 9:30 am Lap Swim
10:00-12:00 pm New Directions Rental
1:00- 3:30 pm Open Swim Reg. Rates
4:00- 5:00 pm Bridgeway Rental

SUNDAY:

CLOSED
Available for Private Rental

**Closing September 13-19,
2010 For Annual
Maintenance**

RATES FOR LAP AND OPEN SWIM:

0-2	Free with paid adult	
3--18 Years	\$3.00/day	\$2.00/eve open swim
19-59 Years	\$6.00	\$2.00/eve open swim
60+ Years	\$4.00	\$2.00/eve open swim

Notice of Pool Closures:

November 25, Closed All Day
December 24, Closing At 1 pm.
December 25, Closed All Day
December 31, Closing At 1 pm.
January 1, Closed All Day