

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

**DAILY SCHEDULE**

**CLASS SCHEDULE**

**MONDAY – OPEN 4:45 am to 9:00 pm**

5:15 - 6:00 am Cycling/K  
5:15 - 6:00 am Sculpting/KK  
6:00 – 7:00 am Vinyasa (Flow) Yoga/SM-B  
6:15 - 7:00 am Step/M  
8:30 - 9:30 am Step-Cardio/E  
12:00-12:50 pm Yoga/JF  
4:30 - 5:30 pm Step/CB  
5:30 - 6:30 pm Spin/CV

**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  
4:30 - 5:15 pm Cycling/MH  
5:30 - 6:30 pm Yoga/J  
5:30 - 6:30 pm Turbo Kick/KH

**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  
4:30 - 5:30 pm Step/CB  
5:30 - 6:30 pm Yoga/J  
5:30 - 6:30 pm Spin/CV

**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  
4:30 - 5:15 pm Cycling/MH

**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  
12:00-1:00 pm Yoga- Vinyasa (Strength)/SM-B

**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.*

**CYCLING CLASSES:**

*M - F 5:15 am - 6:00 am  
M, W 5:30-6:30 pm  
Tu, Th 4:30 pm - 5:15 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  
M, W 4:30 pm - 5:30 pm  
Tu, Th 5:15 am - 6:15 am*

**STEP-CARDIO CLASSES**

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

**YOGA CLASSES:**

*M 6:00 – 7:00 am  
Tu, Th 5:15 am - 6:15 am\*  
M, W 12:00 pm - 12:50 pm  
Tu, W 5:30 pm - 6:30 pm  
F 12:00pm - 1:00 pm*

**TURBO KICK CLASS:**

*Tu 5:30-6:30 pm*

**INSTRUCTORS:**

A = Anne	JF = Fen 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.

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

*\*\*\*Schedule effective February 23, 2010.\*\*\**

# YMCA POOL SCHEDULE

*New Schedule Effective February 23, 2010*

## MONDAY:

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

7:30- 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

## 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