

Adult Fitness Menu Winter 1 January 9 - February 18

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
5:45-6:45am	M	5:35-6:35am	M	5:45-6:45am	M	5:35-6:35am	M	5:45-6:45am	M		
Step Cardio	C	BodyPump	S	Yoga Fusion	F&S	BodyPump	S	Boot Camp	S		
Julie	ALL	Kathy E.	ALL	Deadra	ALL	Kathy E.	ALL	Deadra	ALL		
8:05-9:00am	M			8:05-9:00 am	M			8:05-9:00am	M	8:05-9:05 am	M
Body Sculpting	S			Body Sculpting	S			Body Sculpting	S	BodyPump	S
Cindy	ALL			Nancy B.	ALL			Kelly	ALL	Melissa	ALL
		8:30-9:10 am	M			8:30-9:10 am	M			8:00-9:00 am	K
		Kickbox Cardio	C			Kickbox Cardio	C			Zumba	C
		Becky	L 2,3			Becky	L 2,3			Judy	ALL
9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15am	M	9:10-10:10am	M	9:15-10:15 am	M
Zumba Toning	C	Yoga Vibes	S	Step Cardio	C	Reebok Flexible Strength	S	Zumba Toning	C	Yoga Moves	F&S
Nancy	ALL	Cindy	ALL	Nancy	L 2,3	Becky	ALL	Nancy	ALL	Alt. Staff	ALL
10:20-11:20am	M	10:20-11:05am	M	10:20-11:20am	M	10:20-11:20am	M	10:20-11:05am	M	10:30-11:30 am	M
BodyPump	S	Boot Camp	C	BodyPump	S	Boot Camp	C	Pilates	S&F	Adult Jazz Dance	
Erin	ALL	Becky	ALL	Kelly	ALL	Becky	ALL	Cindy	ALL	Amy Mc (Fee Required)	
		11:10-11:55pm	M								
		Sit & Be Fit	S,B								
		Cheryl									
11:55-12:55 pm	M	12:00-12:55pm	M			12:00-12:55pm	M				
Gentle Strength Stretch	S,F	Zumba Gold	C			Zumba Toning	C				
Erin F.	ALL	Erin F.	ALL			Nancy	ALL				
1:00-2:00 pm	M	1:00-2:00 pm	M	12:55-1:05 pm	M	1:00-2:00 pm	M				
Yoga Moves	F&S	Gentle Yoga	F,S,B	BodyPump	S	Gentle Yoga	F,S,B				
Nancy B	ALL	Becky	ALL	Erin F.	ALL	Becky	ALL				
4:05-5:05 pm	M	4:05-5:05 pm	M			4:05-5:05 pm	M				
Boot Camp	C	Reebok Flexible Strength				BodyPump	S				
Becky	ALL	Becky	ALL			Becky	ALL				
5:25-6:25pm	M	5:15-6:05 pm	M	5:25-6:25pm	M	5:15-6:05 pm	M	4:30-5:15 pm	K		
Step Cardio	C	Athletic Interval Training	C	Step Cardio	C	Zumba	C	Adult Beginning Ballet			
Julie	ALL	Erin F.	ALL	Julie	ALL	Erin F.	ALL	Judy			
				5:30-6:15 pm	G						
				Hula Hoop	B,C						
				Kathy N.	ALL						
		6:15-7:10pm	KG			6:10-7:00pm	M				
		Zumba	C	6:30-7:30pm	KG	Core Challenge	S				
		Erin	ALL	Zumba	C	Kelly	ALL				
				Kathy E	ALL						
6:30-6:55pm	M	6:45-7:45 pm	M	6:30-6:55pm	M						
Abs & More	S	Yoga Moves	F,S,B	Abs & More	S						
Julie	ALL	Cindy	ALL	Julie	ALL						
7:05-8:05pm	M			7:05-8:05pm	M	7:05-8:05pm	M				
BodyPump	S			BodyPump	S	Yoga Moves	F,S,B				
Julie	ALL			Julie	ALL	Dave	ALL				

CLASS LOCATION
M=Multipurpose Room
G=Gym
KG=Kids Gym

KEY CLASS TYPE
B=Balance
S=Strength
F=Flexibility
C=Cardio

KEY CLASS LEVEL
L1= Basic
L2= Intermediate
L3= Advanced
AL=All Levels

Class schedules may change due to member participation. Registered participants will be notified of class cancellations.



Aqua Fitness

Winter Session 1: Jan. 9–Feb. 18

Monday	Tuesday	Wednesday	Thursday	Friday
8:45–9:40am Body Works H2O Miriam	9:00–9:55am *Liquid Cardio Cheryl	8:45–9:40am Body Works H2O Miriam	9:00–9:55am *Liquid Cardio Cheryl	8:45–9:40am Body Works H2O Miriam
9:15–10:10am Splash & Tone Deep Water Mary		9:15–10:10am Splash & Tone Deep Water Mary		9:15–10:10am Splash & Tone Deep Water Mary
10:30–11:15am Hydro FX Melissa	10:00–10:45am Bodies in Motion	10:00–10:45am Liquid Cardio Melissa	10:00–10:45am Bodies in Motion Cheryl	10:30–11:15am Hydro FX Melissa
2:30–3:15pm Water Works Darlene/Karen		2:30–3:15pm Water Works Darlene/Karen		2:30–3:15pm Water Works Darlene/Karen
8:00–8:55pm Splash & Tone Deep Water Beth	8:00–8:55pm Body Works H2O Beth	8:00–8:55pm Splash & Tone Deep Water Beth	8:00–8:55pm Body Works H2O Beth	



Benton Harbor–St Joseph YMCA

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