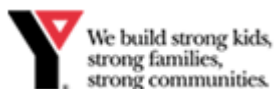


# HIGHLAND FAMILY YMCA July 2009

<b>Time</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>8:00am - 8:55am</b>	<b>Water Wake-up</b> <i>Sandy (Pool)</i>	<b>Water Wake-up</b> <i>Julie (Pool)</i>	<b>Water Wake-up</b> <i>Sandy (Pool)</i>	<b>Water Wake-up</b> <i>Julie (Pool)</i>	<b>Water Wake-up</b> <i>Sandy (Pool)</i>	<b>Water Wake-up</b> <i>Julie ( 8:10am)</i>
<b>8:10am - 9:10am</b>		<b>Pilates</b> <i>Liliana</i>		<b>Pilates</b> <i>Liliana</i>		
<b>8:15am - 9:00am</b>						<b>Boot Camp</b> <i>Natalie</i>
<b>9:00am - 9:45am</b>		<b>Power Plunge</b> <i>Sandy (Pool)</i>		<b>Power Plunge</b> <i>Sandy (Pool)</i>		
<b>9:10am - 10:10am</b>		<b>Cardio Kickbox</b> <i>Liliana</i>		<b>Step Boot Camp</b> <i>Liliana</i>		
<b>9:15am- 10:00am</b>	<b>Body Challenge</b> <i>Sandy</i>		<b>Body Challenge</b> <i>Sandy</i>		<b>Body Challenge</b> <i>Sandy</i>	
<b>10:05am - 10:30am</b>	<b>Flex &amp; Build</b> <i>Sandy</i>		<b>Flex &amp; Build</b> <i>Sandy</i>		<b>Tight-n-Tone</b> <i>Sandy</i>	
<b>10:30am - 11:15am</b>		<b>YogaStretch</b> <i>Liliana</i>		<b>YogaStretch</b> <i>Liliana</i>		
<b>11:30am - 12:15pm</b>	<b>SilverSneakers®</b> MSROM <i>Sandy</i>		<b>SilverSneakers®</b> MSROM <i>Sandy</i>		<b>SilverSneakers®</b> MSROM <i>Sandy</i>	
<b>12:30pm - 1:15pm</b>	<b>SilverSplash</b> <i>Sandy (Pool)</i>					
<b>5:30pm - 6:25pm</b>	<b>Pilates Core</b> <i>Cheryl</i>	<b>Cardio Boot Camp</b> <i>Mindy</i>	<b>Pilates Core</b> <i>Cheryl</i>	<b>Cardio Boot Camp</b> <i>Mindy</i>		
<b>6:30pm - 7:00pm</b>	<b>Having a Ball</b> <i>Cheryl</i>	<b>X-Tra Fit</b> <i>Natalie</i>	<b>Having a Ball</b> <i>Cheryl</i>	<b>X-Tra Fit</b> <i>Natalie</i>		
<b>7:05pm - 8:05pm</b>	<b>Yoga</b> <i>Elaine (Rm 2)</i>		<b>Yoga</b> <i>Elaine (Rm 2)</i>			
<b>7:35pm - 8:30pm</b>	<b>Power Plunge</b> <i>Cheryl (Pool)</i>		<b>Power Plunge</b> <i>Cheryl (Pool)</i>			

7793 CENTRAL AVE. HIGHLAND, CA. 92346  
(909) 425-9622 [www.ymcaeastvalley.org](http://www.ymcaeastvalley.org)



**Group Exercise Classes are FREE to Full Facility Members.**