

FEBRUARY 2012

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 10:00am - Silver Sneakers 5:30pm -Step 6:15pm - Absolute Abs	2 6:00am -Body Bar 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 6:00pm - Body Bar 6:30 - Kettle Ball	3 5:30pm - Body Sculpting Using Weights & Bands 6:15pm - Absolute Abs 6:45pm - ZUMBA	4 9:00am -Beginner Step 10:00am - Aerobics Instructor's Choice
5	6 6:00am - Kettle Bell 10:00am - Silver Sneakers (M.S.R.O.M) 5:30pm - Hi-Lo Aerobics 6:45pm - ZUMBA	7 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 1:00pm - Kickboxing & More 6-7pm - Gospel Aerobics	8 10:00am - Silver Sneakers 5:30pm -Step 6:15pm - Absolute Abs	9 6:00am -Body Bar 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 6:00pm - Body Bar 6:30 - Kettle Ball	10 5:30pm - Body Sculpting Using Weights & Bands 6:15pm - Absolute Abs 6:45pm - ZUMBA	11 9:00am -Beginner Step 10:00am - Aerobics Instructor's Choice
12 Lincoln's B-Day	13 6:00am - Kettle Bell 10:00am - Silver Sneakers (M.S.R.O.M) 5:30pm - Hi-Lo Aerobics 6:45pm - ZUMBA	14 Valentines Day 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 1:00pm - Kickboxing & More 6-7pm - Gospel Aerobics	15 10:00am - Silver Sneakers 5:30pm -Step 6:15pm - Absolute Abs	16 6:00am -Body Bar 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 6:00pm - Body Bar 6:30 - Kettle Ball	17 5:30pm - Body Sculpting Using Weights & Bands 6:15pm - Absolute Abs 6:45pm - ZUMBA	18 9:00am -Beginner Step 10:00am - Aerobics Instructor's Choice
19	20 President's Day 6:00am - Kettle Bell 10:00am - Silver Sneakers (M.S.R.O.M) 5:30pm - Hi-Lo Aerobics 6:45pm - ZUMBA	21 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 1:00pm - Kickboxing & More 6-7pm - Gospel Aerobics	22 10:00am - Silver Sneakers 5:30pm -Step 6:15pm - Absolute Abs	23 6:00am -Body Bar 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 6:00pm - Body Bar 6:30 - Kettle Ball	24 5:30pm - Body Sculpting Using Weights & Bands 6:15pm - Absolute Abs 6:45pm - ZUMBA	25 9:00am -Beginner Step 10:00am - Aerobics Instructor's Choice
26	27 6:00am - Kettle Bell 10:00am - Silver Sneakers (M.S.R.O.M) 5:30pm - Hi-Lo Aerobics 6:45pm - ZUMBA	28 9:15am - Stretching class 10:00am - Silver Sneakers (M.S.R.O.M) 1:00pm - Kickboxing & More 6-7pm - Gospel Aerobics	29 10:00am - Silver Sneakers 5:30pm -Step 6:15pm - Absolute Abs			
			Aerobics Schedule For Hayes- Taylor YMCA Please Call 336-272-2131 for changes in schedule and questions			