



# PLEASANT HILL YMCA

## GROUP EXERCISE SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Water Aerobics 8-8:45am Julie	Water Aerobics 8:45-9:30am Julie	Water Aerobics 8:45-9:30am Julie	Water Aerobics 8:45-9:30am Rachel	Water Aerobics 8:45-9:30am Julie	
	Body Conditioning 9-9:45am Sports Court Julien	Pilates 9-9:45am Mind/Body Studio Leslie	Body Conditioning 9-9:45am Sports Court Julien		Body Conditioning 9-9:45am Sports Court Julien
		Body Sculpt 11:15-12pm Aerobics Studio Diogo			Body Sculpt 11:15-12pm Aerobics Studio Diogo
	Water Aerobics 11:45-12:30pm Julie	Water Aerobics 11:45-12:30pm Julie	Water Aerobics 11:45-12:30pm Julie	Water Aerobics 11:45-12:30pm Julie	
				Pilates 5-5:45pm Mind/Body Studio Leslie	
	Ab Lab 5:45-6:30pm Aerobics Studio Lauren	Body Conditioning 5:45-6:30pm Sports Court Lauren	Ab Lab 5:45-6:30pm Aerobics Studio Lauren	Body Conditioning 5:45-6:30pm Sports Court Lauren	
		Deep Yoga Flow 6-7pm Mind/Body Studio Sherry	Yoga starts January 4 <sup>th</sup>	Deep Yoga Flow 6-7pm Mind/Body Studio Sherry	

5:45-6:30pm  
classes start week  
of January 10<sup>th</sup>

RESERVATIONS ARE REQUIRED FOR ALL CLASSES (EXCEPT BODY CONDITIONING)