

# LIONVILLE COMMUNITY YMCA

Lionville -Eagleview Facilities



## FLEX-FIT CLASS SCHEDULE

FALL 2009

START 12.1.09

### EAGLEVIEW:

#### MONDAY:

6:00-7:00AM Corporate Fit  
7:00-8:00AM Lift It  
8:00-8:55AM Step It Up  
9:00-10:30AM Strength, Step & Sculpt  
10:45-11:45AM Basic Training  
12:45-1:45PM Cardio, Core & More  
5:00-5:45PM Pilates  
5:45-7:00PM Zumba  
7:00-7:30PM Core Galore  
7:30-8:30PM Step N Sculpt

#### TUESDAY:

6:45-8:00AM Zumba Fit **NEW**  
9:15-10:30AM CardioFit  
10:30-11:15AM Pilates  
11:45-12:30AM Lift It  
12:45-1:30PM Lift It  
5:45-7:00PM Interval Training  
7:00-8:00PM Zumba  
8:00-9:00PM Pilates

#### WEDNESDAY:

6:00-7:00AM Corporate Fit  
7:00-8:00AM Lift It  
8:00-8:55AM Stepn'Abs  
9:00-10:30AM Interval Step Training  
10:45-11:45AM Basic Training  
12:45-1:45PM Cardio, Core & More  
5:00-5:45PM Pilates  
5:45-7:00PM Zumba **New Time**  
7:00-7:30PM Core Galore  
7:30-8:30PM Step N Sculpt

#### THURSDAY:

9:15-10:30AM Cardio Fit  
10:30-11:15AM Pilates  
11:45-12:30AM Lift It  
12:45-1:30PM Lift It  
5:45-7:00PM Interval Training  
7:00-8:00PM Boot Camp **NEW TIME**  
8:00-9:00PM Yoga

#### FRIDAY:

6:00-7:00AM Corporate Fit  
8:00-8:55AM Stepn'Abs  
9:00-10:30AM Strength, Step & Sculpt  
10:45-11:45AM Basic Training  
12:45-1:45PM Lift It

#### SATURDAY:

7:45-9:00AM Interval Training  
9:00-10:00AM Step It Up

#### SUNDAY

10:00-11:00AM Boot Camp **New Time**

### LIONVILLE:

#### MONDAY:

5:30-6:30AM Boot Camp  
5:30-6:30AM Spin  
7:30-8:30AM Tai Chi **NEW**  
9:00-9:45AM Spin  
9:50-10:40AM Pilates  
10:45-11:45AM Body Pump  
1:00-2:00PM Body Pump **New**  
6:00-7:00PM Spin  
7:00-8:00PM Yoga

#### TUESDAY:

5:45-6:45AM Body Pump  
7:00-8:00AM Spin  
8:00-9:00AM Body Pump  
9:15-10:30AM Kick n Step  
10:35-11:45AM Basic Training  
1:00-2:00PM Body Pump  
4:45-5:45PM Tai Chi **NEW**  
6:00-7:00PM Body Pump  
7:10-7:55PM Pilates

#### WEDNESDAY:

5:30-6:30AM Boot Camp  
6:00-6:45AM Spin  
7:30-8:30AM Tai Chi **NEW**  
9:00-9:45AM Spin  
9:50-10:40AM Yoga  
10:45-11:45AM Body Pump  
6:00-7:00PM Spin  
7:00-8:00PM Yoga

#### THURSDAY:

5:45-6:45AM Body Pump  
7:00-8:00AM Spin  
8:00-9:00AM Body Pump  
9:15-10:30AM Kick n Step  
10:35-11:45AM Basic Training  
1:00-2:00PM Pilates  
1:00pm-2:00PM Body Pump  
4:45-5:45PM Tai Chi **NEW**  
6:00-7:00PM Body Pump  
7:10-7:55PM Pilates

#### FRIDAY:

5:30-6:30AM Boot Camp  
6:00-6:45AM Spin  
7:30-8:30AM Tai Chi **NEW**  
9:00-9:45AM Spin  
9:50-10:40AM Pilates  
10:45-11:45AM Body Pump

#### SATURDAY

7:45-8:45AM Spin  
9:00-10:00AM Body Pump

#### Sunday

8:45-9:45AM Body Pump  
10:00-11:00AM Yoga

### AQUATICS AT LIONVILLE

#### MONDAY:

8:30-9:30AM Aquafit  
8:30-9:30AM Aquafit Plus  
11:00-12:00PM Arthritis Ease  
8:00-9:00PM Aquafit Plus

#### TUESDAY:

8:30-9:30AM Aquafit Plus  
11:00-12:00PM Arthritis Ease

#### WEDNESDAY:

8:30-9:30AM Aquafit  
8:30-9:30AM Aquafit Plus  
8:00-9:00PM Aquafit Plus

#### THURSDAY:

8:30-9:30AM Aquafit Plus  
11:00-12:00PM Arthritis Ease

#### FRIDAY:

8:30-9:30AM Aquafit  
8:30-9:30AM Aquafit Plus

#### SATURDAY:

8:00-9:00AM Aquafit Plus

#### All FlexFit Classes/Full Members

non-members can purchase  
a flexfit card for 114.00 for 22 classes

12.1.09