

## 2017 FALL FITNESS SCHEDULE

### MONDAY

5:45-6:30AM	Kick Boxing	Andrea Vondra
8:00-9:00 AM	Silver Sneakers	Kathy Collinson
9:00-10:00AM	Kick Boxing	Andrea Vondra
10:00-11:00AM	Silver Sneakers	Kathy Collinson
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	WERQ	Ganesa Novak

### TUESDAY

5:45-6:45AM	Get Fit	Elaine Hand
7:00-7:30AM	UPlift	Deshawn Johnson
9:00-10:00AM	Body Sculpt & Core	Kay Brontson
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	WERQ	Ganesa Novak
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra

### WEDNESDAY

8:00-9:00 AM	Silver Sneakers	Kathy Collinson
9:00-10:00AM	Step & Toning	Kathy Collinson
10:00-11:00AM	Silver Sneakers	Kathy Collinson
5:15-6:15PM	Power Pump	Jessica Shore
6:30-7:15PM	WERQ	Ganesa Novak

### THURSDAY

5:45-6:45AM	Get Fit	Elaine Hand
7:00-7:30AM	UPlift	Deshawn Johnson
9:00-10:00AM	Stretch & Relaxation	Alayna Beckham
10:15-11:00AM	Low Impact Aerobics	Kathy Collinson
4:15-5:00PM	WERQ	Ganesa Novak
5:15-6:00PM	Pound Rockout	Andrea Vondra
6:15-7:00PM	Kick Boxing	Andrea Vondra

### FRIDAY

8:15-9:00AM	#Ynot45	Andrea Vondra
8:00-9:00AM	Sit & Fit	Kathy Collinson
9:00-10:00AM	Pound Rockout	Andrea Vondra
10:00-11:00AM	Sit & Fit	Kathy Collinson

# the Y FITNESS SCHEDULE

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