

# HARRY & JEANETTE WEINBERG FAMILY CENTER Y

# HEALTH & WELL-BEING Spring II: 4/28/14 - 6/22/14

(7 week session with 8<sup>th</sup> week reserved for make-ups, if needed)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45-6:30am Cycle	5:45-6:45am BodyPump	5:45-6:30am Cycle	5:45-6:45am BodyPump	5:45-6:30am Cycle	7:00-7:45am Cycle
	6:30-7:30am Tai Chi	5:45-6:45am Bootcamp	6:30-7:30am Tai Chi	5:45-6:45am Bootcamp	6:30-7:30am Tai Chi	8:00-8:45 Cycle
		8:15-9:00am SilverSneakers Classic		8:15-9:00am SilverSneakers Classic		9:00-9:45am Boot Camp
9:30-10:15am Cycle	9:00-9:45am SilverSneakers Classic	9:15-9:45am SilverSneakers Classic		9:15-9:45am SilverSneakers Classic	9:00-9:45am SilverSneakers Circuit	10:00-11:00am Zumba
10:00-11:00am Tai Chi	10:00-10:45am Core Conditioning	10:00-11:00am Step & Strong	10:00-10:45am Core Conditioning	10am-11am Urban Line Dancing	10:00-11:00am BodyPump	10:00 - 11:00am Meditation
10:30-11:30am BodyPump (01)		11:00am-12:00pm Bootcamp	11:00am-12:00pm Step & Strong	11:00am-12:00pm Step & Strong	11:15-11:45am CXWorks	
11:45am-12:15pm Core Conditioning	12:00-1:00pm Urban Line Dancing	12:00-1:00pm Yoga lvl 1		12:00-1:00pm Yoga lvl 1		
		5:30-6pm Core Conditioning	5:30-6:15pm Yoga lvl 3	5:30-6pm Core Conditioning	5:30-6:15pm Yoga lvl 4	
	6:00-6:45pm Core Conditioning	6:15-7:00pm Zumba	6:15-7:00 pm Step and Strong	6:15-7:00pm Zumba	6:30-7:15pm Body Scuplt	S = Studio TC = Teen Center PS = Preschool G= Gymnasium
	7:15-8:00pm Cycle	7:00-8:00pm Bootcamp	7:15-8:00pm Cycle	7:00-8:00pm Bootcamp		
	8:00-9:00pm BodyPump					

## Health & well-being Program Fees

### MEMBER ONLY-FREE CLASSES\*

Program No.	Class Name	Program No.	Class Name
02178	BodyPump	02182	Core Conditioning
02176	Body Sculpt	02244	Meditation
02152	Boot Camp	02135	Tai Chi
02375	Silver Sneakers Cardio Circuit	02161	Step-n-Strong
02182	Core Conditioning	02187	Urban Line Dancing
02167	Cycle	02231	Yoga
02158	CXWorX	02371	Silver Sneakers MSROM
02370	Senior Core Conditioning	02189	Zumba

Register online at [ymaryland.org](http://ymaryland.org)