






YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Leeward

July 2009

Healthy Start Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	6:00 - 9:00am OPEN NO ATTENDANT	7:00 - 8:00am OPEN NO ATTENDANT
8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT	8:00-9:00 SENIORS ONLY NO ATTENDANT
9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT	9:00 - 10:00 WOMEN ONLY NO ATTENDANT
10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:00 - 11:15 am OPEN NO ATTENDANT	10:00 - 12:00 OPEN NO ATTENDANT	10:00 -2:00 FAMILY WORKOUT NO ATTENDANT <i>Children under the age of 13 must be supervised by parent or guardian. Ages 6 and up.</i>
	11:15 - 12:00 CIRCUIT CLASS Madalene		11:15 - 12:00 CIRCUIT CLASS Madalene		
4:00 - 5:00PM CIRCUIT CLASS Terry	4:00 - 5:00PM CIRCUIT CLASS Geraine	4:00 - 5:00PM CIRCUIT CLASS Terry	4:00 - 5:00PM CIRCUIT CLASS Geraine	4:00 - 5:00PM CIRCUIT CLASS Terry	4:00- 6:30 PM FAMILY WORKOUT
5:00- 8:00 PM FAMILY WORKOUT Ask for ATTENDANT	5:00- 8:00 PM FAMILY WORKOUT Ask for ATTENDANT	5:00- 8:00 PM FAMILY WORKOUT Ask for ATTENDANT	5:00- 6:00 PM FAMILY WORKOUT Ask for ATTENDANT	5:00- 8:00 PM FAMILY WORKOUT Ask for ATTENDANT	NO ATTENDANT
					CLOSED

SUNDAY	10:00 - 4:00 FAMILY WORKOUT NO ATTENDANT	<i>Children under the age of 13 must be supervised by parent or guardian. Ages 6 and up.</i>

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