

**SUBURBAN NORTH FAMILY YMCA
Adult Program & Group Fitness Schedule**

SUMMER SESSION II (JULY 27—SEPTEMBER 5)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Hatha Yoga 6:00—7:00 p.m. Game Room Fee: Member: \$54 Community: \$78	Cardio Circuit 9:00—10:00 a.m. Gym Fee: Member: Free Community: \$30	Kickboxing 9:00—9:45 a.m. Gym Fee: Member: Free Community: \$30	Body Sculpting 6:30—7:30 p.m. Game Room Fee: Member: Free Community: \$30	Kickboxing 9:00—9:45 a.m. Gym Fee: Member: Free Community: \$30	Cardio Circuit 9:00—10:00 a.m. Gym Fee: Member: Free Community: \$30
Step 6:00—7:00 p.m. Gym Fee: Member: Free Community: \$30	Tae Kwon Do 6:30—7:30 p.m. Gym Monthly Fee: 1 class/ wk 2 classes/ wk Member \$30 \$40 Community \$40 \$50	Pilates 10:00—10:45 a.m. Gym Fee: Member: \$15/day/session Community: \$30/day/session	Tae Kwon Do 6:30—7:30 p.m. Gym Monthly Fee: 1 class/ wk 2 classes/ wk Member \$30 \$40 Community \$40 \$50	Pilates 10:00—10:45 a.m. Gym Fee: Member: \$15/day/session Community: \$30/day/session	
Pilates 7:00—7:45 p.m. Gym Fee: Member: \$15/day/session Community: \$30/day/ session \$30/day/session	Cardio Body Sculpting 7:15—8:15 p.m. Multi-Purpose Rm. Fee: Member: Free Community—\$30	Cardio Step w/ Abs 6:30—7:30 p.m. Gym Fee: Member: Free Community: \$30			
		Adult Jazz (begins 7/22/09) 7:00—8:00 p.m. Multi-Purpose Rm. Monthly Fee: Member—\$35 Community—\$45			
		Adult Tap (begins 7/22/09) 8:00—8:45 p.m. Multi-Purpose Rm. Monthly Fee: Member—\$27 Community—\$37			

Free Child Watch Available
to YMCA Members
Monday—Friday:
8:30—11:30 a.m. and
Monday—Friday:
6:00—8:00 p.m.

**PERSONAL
TRAINING**
1 on 1 workout w/
our certified instructor
Appointments:
Monday: 5 p.m.
Wednesday &
Friday: 11 & Noon
\$35/hr.
Schedule your appt. at
our Welcome Center!