



Central Brockton Group Fitness Schedule

New Classes	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Diabetes Mon-Wed 5:00-6:00pm		6:00-7:00am Yoga Jeanne		6:00-7:00am Yoga Jeanne		
Zumbatonic Monday 6:30-7:30p Kids Class	7:00-8:00am Yoga Marian	7:00-8:00am Pilates Marian	7:00-8:00am Yoga Marian	7:00-8:00am Pilates Marian	7:00-8:00am Yoga Marian	
Adult Karate Tues & Thur 7:00-8:00pm	7:00-8:00am Y Way to Fitness AFC		7:00-8:00am Y Way to Fitness AFC			
Pilates Sat 8:00-9:00am	9:00-10:00am Forever Fit John/Shaua Track		9:00-10:00am Forever Fit John/Shaua Track		9:00-10:00am Forever Fit John/Shaua Track	8:00-9:00am Pilates Gaby
Youth Strength Training* Tuesday 5:00-6:00pm	9:30-10:30am Water Aerobics Deb/Pool		9:30-10:30am Water Aerobics Deb/Pool		9:30-10:30am Water Aerobics Deb/Pool	9:00-10:00am Zumba Jessica Multi-purpose
Tone It Up! Friday 5:30-6:30pm				10:00-11:00am Tai Chi Elijah		10:00-11:00am Cardio Kickbox JJ/Helena Small Gym
	12:15-1:00pm Group Cycling Bill		12:00-1:00pm Zumba Jessica Multi-Purpose	12:15-1:00pm *TRX Cheryl Yoga Room		
		4:00-5:00pm Kids Karate Elijah Multi-purpose		4:00-5:00pm Kids Karate Elijah Multi-purpose		
*Additional Fee applies to class	5:15-6:15pm Sculpt and Core Audrey Multi-purpose	4:45-5:45pm *TRX Cheryl Yoga Room	5:30-6:30pm Sculpt and Core Audrey Multi-purpose		5:30-6:30pm Tone It Up! Helena Multi-purpose	
	6:30-7:30pm Zumbatonic Jessica Multi-purpose	6:00-7:00pm Cardio Kickbox Helena/JJ Small Gym		6:00-7:00pm Cardio Kickbox Helena/JJ Small Gym		
			6:30-7:30pm Group Cycling Angela		Winter Schedule Effective 1/2/12 - 2/25/12 Please arrive on time to classes. Instructors/classes subject to change. Questions: Contact Fitness Director Shauna Ferris sferris@oldcolonyymca.org (508)897-1268	
	6:30-7:30pm Yoga Ann		6:30-7:30pm Pilates Gaby	7:00-8:00pm Zumba Jessica Small Gym		
	6:30-7:30pm Water Aerobics Robin	7:00-8:00pm *Adult Karate Elijah Multi-purpose	6:30-7:30pm Water Aerobics Robin	7:00-8:00pm *Adult Karate Elijah Multi-purpose		