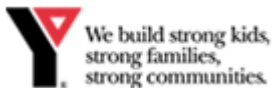


JULY'S GROUP EXERCISE SCHEDULE

GROUP EXERCISE SCHEDULE

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am to 8:55am	Water Wake-up <i>Sandy</i>	Water Wake-up <i>Kaci</i>	Water Wake-up <i>Sandy</i>	Water Wake-up <i>Kaci</i>	Water Wake-up <i>Sandy</i>	
8:30am to 9:15am						Simply Irresist a ball <i>Jamila</i>
9:05am to 10:00am	Body Challenge <i>Sandy</i>	Cardio Kickbox <i>Liliana</i>	Body Challenge <i>Sandy</i>	Step Boot Camp <i>Liliana</i>	Body Challenge <i>Sandy</i>	
10:05am to 11:00am		Pilates <i>Liliana</i>		Pilates <i>Liliana</i>		
10:05am to 10:30am	Flex & Build <i>Sandy</i>		Flex & Build <i>Sandy</i>		Tight-n-Tone <i>Sandy</i>	
11:30am to 12:15pm	SilverSneakers® I <i>Sandy</i>		SilverSneakers® I <i>Sandy</i>		SilverSneakers® I <i>Sandy</i>	
12:15pm to 1:00pm			Silver Splash® <i>Konni</i>			
5:30pm to 6:25pm	Pilates Core <i>Cheryl</i>		Pilates Core <i>Cheryl</i>			
6:30pm to 7:15pm	Step & Sculpt <i>Jamila</i>		Floor & More <i>Jamila</i>			
6:45pm to 7:30pm		X-Tra Fit & Stretch <i>Jamila</i>		X-Tra Fit & Stretch <i>Jamila</i>		
7:30pm to 8:25pm	Power Plunge <i>Cheryl</i>		Power Plunge <i>Cheryl</i>			
7:30pm to 8:30pm			Ballroom Dance <i>Rueben</i>			

HIGHLAND FAMILY YMCA 7793 CENTRAL AVE. HIGHLAND, CA. 92346 (909) 425-9622



FOR JULY 7TH - 31TH.