

**Community Room 248  
Summer June 23-August 17 2008**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6:00								6:00
6:30								6:30
7:00								7:00
7:30								7:30
8:00	<b>8:00-9:15</b>		<b>8:00-9:15</b>	<b>7:00-8:45</b> <b>West Bay</b> <b>Rotary</b> <b>Club</b>				8:00
8:15	<b>Rise &amp; Shine</b> <b>Yoga</b>		<b>Rise &amp; Shine</b> <b>Yoga</b>					8:15
8:30								8:30
8:45								8:45
9:00					<b>9:00-10:30</b> <b>Yoga</b> <b>for</b> <b>Every</b> <b>Body</b>		<b>9:00-10:00</b> <b>Youth</b> <b>Karate</b>	9:00
9:15								9:15
9:30			<b>9:30-10:30</b> <b>Silver</b> <b>Sneakers</b>		<b>9:30-10:30</b> <b>Silver</b> <b>Sneakers</b>			9:30
9:45								9:45
10:00								10:00
10:15								10:15
10:30								10:30
10:45								10:45
11:00		<b>11:15-12:15</b>						11:00
11:30		<b>Healthy</b> <b>Seniors</b>	<b>11:30-1:00</b> <b>Staff</b> <b>Mtg</b>					11:30
12:00								12:00
12:30								12:30
1:00								1:00
1:30								1:30
2:00								2:00
3:00								3:00
3:30								3:30
4:00								4:00
4:30								4:30
5:00								5:00
5:15								5:15
5:30		<b>5:30-7:00</b>						5:30
5:45	<b>5:45-6:45</b>	<b>Beginners</b>	<b>5:45-6:45</b>					5:45
7:00	<b>Kripalu</b> <b>Yoga</b>	<b>Yoga</b>	<b>Kripalu</b> <b>Yoga</b>					7:00
7:30								7:30
8:00	<b>7:00-9:00</b>		<b>7:00-9:00</b>					8:00
8:30	<b>Tae</b> <b>Kwon</b> <b>Do</b>		<b>Tae</b> <b>Kwon</b> <b>Do</b>					8:30
8:45								8:45
9:00								9:00

Visit Our Website: [Penbayymca.org](http://Penbayymca.org) for current Program/Facility Schedules