













Wellness Studio Summer June 23-August 17 2008

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday						
6:00	5:55-6:55	5:55-6:55	5:55-6:55	5:55-6:55	5:55-6:55			6:00					
6:15								6:15					
6:30											6:30		
6:45												6:45	
7:00												7:00	
7:15	7:00 - 8:00 Heartwatch	7:00-8:00 Greet the Day Yoga	7:00 - 8:00 Heartwatch	7:00-8:00 Greet the Day Yoga	7:00 - 8:00 Heartwatch			7:15					
7:30										7:45-8:45 Cycle Strong	7:30		
7:45												7:45	
8:00												8:00	
8:15	8:15-9:15 Cycle Strong	8:15-9:15 Bodyforging	8:15-9:15 Cycle Strong	8:15-9:15 Bodyforging	8:15-9:15 Cycle Strong		YMCA Closed	8:15					
8:30												8:30	
8:45													8:45
9:00												9:00-10:00	9:00
9:15							9:15						
9:30	9:30-10:30 	9:30-11:00 Primetime Yoga	9:30-10:30 	9:30-10:30 Cardio Kick- Boxing	9:30-10:30 			9:30					
9:45												9:45	
10:00													10:00
10:15												10:15	
10:30						10:30-11:30 Cardio Kick- Boxing	10:30						
10:45								10:45					
11:00								11:00					
11:15								11:15					
11:30							11:30						
12:00	12:00-12:45 Lunch Crunch		12:00-12:45 Lunch Crunch		12:00-12:45 Lunch Crunch			12:00					
12:15									12:15				
12:30										12:30			
1:00								1:00					
1:15								1:15					
2:00								2:00					
3:00								3:00					
3:30							3:30-4:30 	3:30					
4:00								4:00					
4:15									4:15				
4:30									4:30				
5:00								5:00					
5:30	5:30-6:30 	5:30-6:30 HIT	5:30-6:30 	5:30-6:30 HIT		YMCA Closed	YMCA Closed	5:30					
6:00												6:00	
6:15													6:15
6:30													6:30
6:45								6:45					
7:00		7:00-8:00 Cycle Reebok						7:00					
7:15								7:15					
7:30								7:30					
7:45								7:45					
8:00								8:00					

Visit Our Website: Penbayymca.org for current Program/Facility Schedules