

Facility Hours
 Monday –Friday 6:00am -9:00pm
 Saturday 8:00am-5:00pm

Group Fitness Schedule

Homewood Brushton YMCA

2009

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:30am 9:30am						
9:30am-10:30am	Silver Sneakers® (S) Christina H.	***Senior Spin*** (S) Terrence G.	Silver Sneakers® (S) Christina H.	Silver Sneakers® (S) Yoga Stretch Christina H.	Silver Sneakers® (S) Christina H.	
10:30am-11:30am	***Spinning*** Terrance G.(S)					
5:30pm-6:30pm	Circuit Training(S) Mark B.	Hip Hop **Aerobics(G) Jim W.	Kickboxing Jim W (G)	Hip Hop **Aerobics(G) Jim W		
6:30pm-7:30pm	***Spinning*** Tish(S)	***Spinning*** Mark B.(S)		Ab-Blast Tish(S)		
7:00pm -8:00pm		Soul Line Dance(S) Roland F 7:30-8:30	Flexibility & Strength (S) Terrance G.			

Location:
 (S) = Studio (G) = Gym (W) =Wellness

****5.00 fee/class for Hip Hop Aerobics**
*****3.00 fee/class for Spinning**
Additional fees apply for Non-Members