

## South Hanover YMCA Class Schedule

Monday April 23, 2012 to Saturday June 16, 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM		Y 60 Extreme/Megonnell		Y 60 Extreme/Megonnell	Extreme Yoga/Megonnell	
6:15 AM	Pilates/ Buckley		Pilates/ Buckley			
8:30 AM	CIT/Petsch		CIT/Petsch		CIT/Petsch	
9:20 AM		<b>Tabata Training/ Shaw</b>		<b>Tabata Training/ Shaw</b>		
9:35 AM	Washboard Abs/ Petsch		Washboard Abs/ Petsch		Washboard Abs/ Petsch	
10:10 AM		Advanced BodySculpt/Delong		Advanced BodySculpt/ Delong		
10:55 AM		Fit Yoga/ Stillman		Fit Yoga/ Stillman		
11:15 AM						
4:40 PM			<b>Ballet Booty / Delong</b>			
5:15 PM		Adadvanced Pilates/Maloney		Adadvanced Pilates/Maloney		
5:30 PM	Washboard Abs/ Megonnell		Washboard Abs/ Megonnell			
6:00 PM	Kamikaze Kick/ Megonnell		Kamikaze Kick/ Megonnell			<b>Red denotes new class or time</b>
6:30 PM		Zumba/ Shank		Zumba/ Langenfeld		
7:00 PM	Zumba Toning/ Shank		Zumba/ Reams			