

HICKORY FOUNDATION YMCA

SEPTEMBER 2007 SCHEDULE

YOGA - AQUA - SILVER SNEAKERS - JU JITSU - SELF DEFENSE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:00 AM	INSPIRATIONAL YOGA Tammy / Maxi				INSPIRATIONAL YOGA Tammy / Maxi	
9:00 AM 9:30 AM	9:00-10:15 YOGA Kristin 9:30 AM AQUA CIZE Various	9:00-10:15 YOGA Ann 9:00-10:00 SILVER SNEAKERS Cindy	9:00-10:15 YOGA Kristin 9:30 AM AQUA CIZE Various	9:00-10:15 YOGAw/anEDGE Trish 9:00-10:00 SILVER SNEAKERS Cindy	9:00-10:30 YOGAw/anEDGE Kristin 9:30 AM AQUA CIZE Various	10:00-11:30 YOGA Various
4:00 PM 4:15 PM 4:30 PM	4:15 YOGALATES Paula		4:30 YOGA Paula			1:00 PM JU JITSU Morgan
5:30 PM 5:45 PM 6:00 PM	6:00-7:15 YOGA All Levels Kim / Paula	5:30-6:45 AQUA CIZE Deidra 6:00-7:15 YOGA Vicki	5:45 PILATES Paula	5:30-6:45 AQUA CIZE Deidra 6:00-7:15 YOGA Marjorie	5:45-7:00 YOGA Vicki	
7:30 PM 7:35 PM	7:35 COMMON SENSE SENSE SELF -DEFENSE Morgan	7:30 - 8:45 COMMON SENSE SENSE SELF -DEFENSE Morgan				

ALL CLASSES ARE 1 HOUR UNLESS SPECIFIED

DESCRIPTIONS OF CLASSES ARE ON THE BACK

**KIDS JU JITSU and Monday night SELF DEFENSE - Aerobics Room
SELF DEFENSE on Tuesday night - Yoga Room**