

# YWATER FITNESS™

We build strong kids, strong families, strong communities.

## Spring Session

April 21 through June 6, 2008

**Aquatic Center closed for annual maintenance and repairs  
Saturday, June 7 through Sunday, June 15**

### MONDAY (no classes May 26)

8:00 am to 8:45 am	AquaLite	Dora Leonardson	Competition Pool
8:30 am to 9:15 am	Arthritis Water Exercise	Mary Johnson	Recreational Pool
8:45 am to 9:30 am	AquaLite	Beth Krohn	Competition Pool
10:30 am to 11:15 am	Arthritis Water Exercise	Marilyn Cunningham	Recreational Pool
7:00 pm to 7:45 pm	AquaFit	Lori Schneider	Competition Pool

### TUESDAY

8:25 am to 9:10 am	Over Your Head	Jeannine Kelsey	Competition Pool
9:15 am to 10:00 am	AquaLite	Barb Voegel/Sue Marchant	Competition Pool

### WEDNESDAY

5:50 am to 6:20 am	Over Your Head	Julie Davis	Competition Pool
8:00 am to 8:45 am	AquaLite	Dora Leonardson	Competition Pool
8:30 am to 9:15 am	Arthritis Water Exercise	Judy Schumacher	Recreational Pool
8:45 am to 9:30 am	AquaLite	Tara Stueber	Competition Pool
10:30 am to 11:15 am	Arthritis Water Exercise	Marilyn Cunningham	Recreational Pool
7:00 pm to 7:45 pm	AquaFit	Jan Resler	Competition Pool

### THURSDAY

8:25 am to 9:10 am	Over Your Head	Sue Marchant	Competition Pool
9:15 am to 10:00 am	AquaLite	Sherry Bagnall	Competition Pool

### FRIDAY

5:30 am to 6:15 am	Over Your Head	Laurie Thiede	Competition Pool
8:00 am to 8:45 am	AquaLite	Dora Leonardson	Competition Pool
8:30 am to 9:15 am	Arthritis Water Exercise	Mary Johnson	Recreational Pool
8:45 am to 9:30 am	AquaLite	Ellen McKenna/Judy Knuth	Competition Pool
10:30 am to 11:15 am	Arthritis Water Exercise	Marilyn Cunningham	Recreational Pool

**See other side for more information on land exercise classes and drop-in fees!**

No classes Memorial Day Weekend (May 24, 25, 26). YMCA open 7:00 am to 11:00 am May 26  
You may drop in to class when there is space available.

#### MEMBERS:

No drop in fee for "value added" classes;  
\$3.00 fee for Over Your Head, Flex Power  
\$5.00 fee for Cycle Reebok

#### COMMUNITY PARTICIPANTS:

\$9.00 daily fee plus \$3.00 class fee for all classes (\$5.00 for Cycle Reebok)

# YHEALTH & FITNESS™

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## Spring Session April 21 through June 7, 2008 (Water Classes on reverse side)

<b>Monday</b> No classes May 26	5:30 am to 6:15 am	Step Aerobics	Kirsten Erickson	MPR A	
	5:30 am to 6:15 am	Indoor Cycle	Laurie Thiede	MPR B	
	6:00 am to 6:50 am	Fit For Life	Christine Webb-Miller	Peterson Gym A/B	
	6:30 am to 7:30 am	Fit For Life	Rotating Instructors	Baylake Gym C	
	8:15 am to 9:25 am	Step Aerobics	Nancy Jeanquart	MPR A	
	8:30 am to 9:30 am	Healthy Choice	Kim Herlache	Peterson Gym A/B	
	12 noon to 12:40 pm	Step Aerobics	Dick Clark	MPR A	
	4:10 pm to 5:00 pm	Indoor Cycle	Susan Tebon	MPR A	
	5:15 pm to 6:15 pm	Step	Cindy Livingston	MPR A	
	5:15 pm to 6:15 pm	Fit For Life	Sue Lokken	Peterson Gym A/B	
	5:30 pm to 6:15 pm	Zumba	Carrie Gossen	MPR B	
6:20 pm to 7:10 pm	Flex Power	Cindy Livingston	MPR A		
<b>Tuesday</b>	5:15 am to 6:00 am	Flex Power	Laurie Thiede	MPR A/B	
	6:15 am to 7:00 am	Indoor Cycle	Kirsten Erickson	MPR B	
	7:40 am to 8:20 am	Silver Sneakers	Laurie Thiede	BayLake Gym C	
	8:10 am to 8:40 am	Medicine Ball Power	Megan Sarkis	MPR A	
	8:15 am to 9:15 am	Indoor Cycle	Nancy Jeanquart	MPR B	
	8:45 am to 9:15 am	Abs & Buns	Christine Miller	MPR A	
	9:30 am to 10:30 am	Controlled Impact Aerobics	Mary Claire/Connie	Peterson Gym A/B	
	12:10 pm to 12:50 pm	Indoor Cycle	Dan Powell	MPR A	
	4:45 pm to 5:15 pm	Abs & Buns	Theresa Kay-Meredith	MPR A	
	5:30 pm to 6:00 pm	Healthy Choice	Nikki Suleski	Peterson Gym A/B	
	5:30 pm to 6:30 pm	Cardio Kickboxing	Julia LaViolette	MPR A	
6:40 pm to 7:20 pm	Indoor Cycle	Katie Rock	MPR A		
<b>Wednesday</b>	5:10 am to 5:40 am	Medicine Ball Power	Laurie Thiede	BayLake Gym C	
	5:30 am to 6:15 am	Step Aerobics	Cindy Livingston	MPR A	
	5:30 am to 6:15 am	Indoor Cycle	Kirsten Erickson	MPR B	
	6:00 am to 6:50 am	Fit For Life	Kent Harrison	Peterson Gym A/B	
	6:30 am to 7:30 am	Fit For Life	Mike DalSanto	Baylake Gym C	
	8:15 am to 9:25 am	Step Aerobics	Nancy Jeanquart	MPR A	
	8:30 am to 9:30 am	Healthy Choice	Mary Claire McHugh	Peterson Gym A/B	
	12 noon to 12:40 pm	Step Aerobics	Dick Clark	MPR A	
	5:15 pm to 6:15 pm	Step	Deanna Stich	MPR A	
	5:15 pm to 6:15 pm	Fit For Life	Kay Jensen	Peterson Gym A/B	
	6:20 pm to 7:10 pm	Flex Power	Carrie Gossen	MPR A	
<b>Thursday</b>	5:15 am to 6:00 am	Flex Power	Laurie Thiede	MPR A/B	
	6:15 am to 7:00 am	Indoor Cycle	Kent Harrison	MPR B	
	8:15 am to 9:15 am	Indoor Cycle	Nancy Jeanquart	MPR A	
	8:30 am to 9:15 am	Zumba	Jeannine/Tonya	MPR B	
	9:20 am to 9:50 am	Silver Sneakers	Laurie Thiede	BayLake Gym C	
	9:30 am to 10:30 am	Controlled Impact Aerobics	Mary Claire/Connie	Peterson Gym A/B	
	5:00 pm to 5:30 pm	Medicine Ball Power	Betsy Baier/Megan Sarkis	MPR A	
	5:35 pm to 6:05 pm	Abs & Buns	Betsy Baier/Megan Sarkis	MPR A	
	6:15 pm to 7:00 pm	Beginning Step	Anni Lampert	MPR A	
	<b>Friday</b>	5:20 am to 6:05 am	Zumba	Cindy Livingston	MPR B
		6:00 am to 6:50 am	Fit For Life	Christine Webb-Miller	Peterson Gym A/B
6:15 am to 7:05 am		Indoor Cycle	Kirsten Erickson	MPR A	
6:30 am to 7:20 am		Fit For Life	Kay Jensen	BayLake Gym C	
7:50 am to 8:35 am		Silver Sneakers	Laurie Thiede	BayLake Gym C	
8:15 am to 9:25 am		Step Aerobics	Nancy Jeanquart	MPR A/B	
8:30 am to 9:30 am		Healthy Choice	Mary Claire McHugh	Peterson Gym A/B	
12 noon to 12:40 pm		Step Aerobics	Dick Clark	MPR A	
5:15 pm to 6:15 pm		Fit For Life	Rotating Instructors	Peterson Gym A/B	
<b>Saturday</b> No class May 24		8:15 am to 9:15 am	Indoor Cycle	Nancy Jeanquart	MPR A