

**Bob Temple North Side YMCA**

**June Fitness Schedule**

**Mondays**

8:30am Spin  
9:00am Zumba®  
10:00am CORE Plus  
9:30am Makin' Waves  
10:30am Silver Splash®  
5:30pm Zumbatomic®  
5:30pm CORE Plus  
6:30pm Zumba  
6:30pm Spin  
6:30pm Aquacize

**Tuesdays**

9:00am Body Design  
10:00am Yoga  
10:00am Silver Splash®  
11:15am Silver Sneakers®  
6:00pm Tone It Up  
6:15pm Yoga

**Wednesdays**

9:00am Tone it Up  
9:30am Makin' Waves  
10:30am Silver Splash®  
6:00pm Burn & Tone

**Thursdays**

8:30am Spin  
9:00am 20/20/20  
10:00am Yoga  
10:00am Silver Splash®  
11:15am Silver Sneak Circuit®  
6:00pm Body Design/Kick  
6:00pm Spin  
7:00pm Yoga

**Fridays**

9:00am Body Design  
9:30am Makin' Waves  
10:00am Zumba®  
10:15am Silver Sneakers®  
10:30am Silver Splash®  
11:00am Silver Stretch®

**Saturdays**

10:30am Yoga  
(5<sup>th</sup> & 26<sup>th</sup> only)



