

Plano Family YMCA in Legacy
 5101 Tennyson Pkwy., Plano, Texas 75024
 (972) 378-9622 or www.planoyymca.org



Schedule Effective 05/1/10

Group Exercise Schedule

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am			Body Sculpt Robin (A)			
8:15am		Pilates Martha (M)		Pilates Lisa (M)		Cycle Toni (B)
8:30am	Water Aerobics Marti (P)	Cycle Toni (B) Water Aerobics Marilyn (P)	Water Aerobics Marti (P)	Cycle Toni (B) Water Zumba Marilyn (P)	Water Aerobics Marti (P)	
9:00am	Flex Claire (A) Beginning Yoga Terry (M)		Flex Claire (A)	Yoga Angie (M)	Flex Claire (A)	Flex Sammie (A) Water Aerobics Alternating (P)
10:00am	Pilates Robin (M) AOA Julie (A)		Yoga Jan (M) AOA Jennifer (A)	Pilates Rebecca (M)	Yoga Jan (M) AOA Jennifer (A)	Yoga Angie (M)
10:30am		SilverSneakers Toni (A) Silver Sneakers Cardio Circuit Martha (B)		SilverSneakers Toni (A) Silver Sneakers Cardio Circuit Julie (B)		
11:00am	Yin Yoga Jan (M)					Yoga Angie (M)
11:30am		SilverSneakers Yoga Stretch Martha (A)				
12:00pm	Flex Toni (A)	Pilates Jen Jen (A)	Flex Toni (A)		Flex Toni (A) Pilates Martha (M)	
12:15pm	Water Aerobics Barbara (P)		Silver Splash Linda (P)		Silver Splash Barbara (P)	
1:00pm		Homeschool PE Robin (Gym)		Homeschool PE Robin (Gym)		
5:30pm	Cycle Toni (B) Cardio Challenge Martha (A)	Flex Sammie (A)	Cardio Challenge Martha (A) Cycle Toni (B)	Flex Sammie (A)		
6:30pm	Core Express Toni (M) Flex Martha (A)	Pilates Martha (M)	Core Express Toni (M) Flex Martha (A)			
7:20pm		Water Aerobics Pauline (P)		Water Aerobics Pauline (P)		
7:30pm			Yoga Angie (M)			

(A) Upstairs Aerobics Room (B) Downstairs Aerobics Room (Gym) Basketball Gym (M) Multi-purpose Room (P) Pool

Financial Assistance and Income Based Membership may be available. Please ask for details.

The mission of the YMCA is to put Christian values into practice through programs that build healthy spirit, mind and body for all.