



Chilliwack Family YMCA  
We build strong kids,  
strong families, strong communities.

# Chilliwack Family YMCA Cheam Centre

## Land Fitness Schedule April 28- June 29 , 2008

Thurston Room Studio						
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Cycle Fit <sup>3</sup> 9:15-10:00 am	Total Body Conditioning <sup>3</sup> (Gymnasium) 9:15-10:15 am	Cycle Fit <sup>3</sup> 9:15-10:00 am		Total Body Conditioning <sup>3</sup> (Gymnasium) 9:15-10:15 am	Cycle Fit Plus <sup>3</sup> 8:30-9:30 am	
Abs 101 10:05-10:25 am	Women & Weights I 10:30-11:30am (registered)	Abs 101 10:05-10:25 am	Step <sup>3</sup> 9:15-10:15 am		Step <sup>3</sup> 10:00-11:00 am	
Gentle Yoga <sup>2</sup> <i>Registered</i> 10:30-11:45 am	Women & Weights II 10:30-11:30 am (registered)		Fit 4 Two <sup>2</sup> Yoga 10:30-11:45 am (registered)	<b>Women &amp; Weights I</b> An introductory strength training program designed especially for women:  <b>Women &amp; Weights II</b> Step up your skills from Women & Weights 1 in this course. Further develop your skills and technique in the weight room.		<b>Levels</b> 1 = mild 2 = moderate (low impact) 3 = moderate/intense (low/high impact) 4 = Intense
Youth Dance Hip Hop 3:15-4:15 pm						
Jazz/Lyrical 4:15-5:15 pm						
Step <sup>2</sup> 5:30-6:30 pm	Fusion <sup>2/3</sup> 5:10-5:55 pm	Total Body Conditioning <sup>3</sup> 5:30-6:30 pm	Step <sup>2</sup> 5:30-6:30 pm			
Cycle Fit Plus <sup>4</sup> 7:00-8:15 pm	Yoga <sup>3</sup> 6:05-6:55 pm	Fusion <sup>2/3</sup> (Yoga+Pilates) 7:00-8:00 pm	Women & Weights I 7:00-8:00 pm (registered)			
			Cycle Fit Plus <sup>4</sup> 7:00-8:15 pm			

## Registered Programs

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					Synchro Swim 7:00-10:00 am	
					Swim Lessons 9:00 -1:00 pm	
					Youth Soccer 10:00-11:00 am	
					Gymnastics 9:00 -11:00am	
Swim Lessons 10:00-11:00 am	Women & Weights I 10:30-11:30 am (registered)	Swim Lessons 10:00-11:00 am			Teen Soccer 11:00-12:00 pm	
Gentle Yoga <sup>2</sup> 10:30-11:45 am		Women & Weights II 10:30-11:30 am (registered)		Fit 4 Two <sup>2</sup> Yoga 10:30-11:45 pm	Little Sneakers 1:00-2:00 pm	Lil' Dribblers Basketball 11:15 -12:00 pm
Swim Lessons 3:00-6:30 pm	Swim Lessons/ Synchro Swim 3:00-5:30 pm	Swim Lessons 3:00-5:30 pm	Swim Lessons/ Synchro Swim 3:00-5:30 pm	Synchro Swim 3:30-6:00 pm	Birthdays Parties 1:00-3:00 pm (gym or swim)	Birthdays Parties 1:00-3:00 pm (gym or swim)
Youth Dance Hip Hop 3:15-4:15 pm Jazz/Lyrical 4:15-5:15 pm	Youth Floor Hockey 3:00-4:00 pm	Gymnastics 3:30-6:00 pm	Women & Weights I 7:00-8:00 pm (registered)	Teen Weight Trainer Course 3:30-5:00 pm		Swim lessons 3:00-5:00 pm
Adult Swim lessons 5:45-6:30 pm				Gymnastics 3:30-6:00 pm	Lifesaving 1:30-5:30 pm	
The Youth Project Girls Night Out 6:30-8:30 pm	The Youth Project Guys Night Out 6:30-8:30 pm	Youth Leadership Development 7:30-9:00 pm		Birthdays Parties (Freak out Friday) 5:00-8:00 pm		