



**DOWNTOWN SYRACUSE YMCA -ACTIVITY SCHEDULE**  
**June 23, 2008—September 8, 2008**



TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:30	Yoga-lattes(60) Cristin Engineri	Y-Body Cuts (60) Linda Doran	Yoga-lattes (60) Cristin Engineri	Interval (60) Tracy VanBrocklin	Yoga (60) Erin Lore	
7:30	<b>Aquatics High Intensity Water Fitness (60) Cristin Engineri</b>	<b>Fluid Run Water Fitness (60) Alicia Dermady</b>	<b>Aquatics High Intensity Water Fitness (60) Cristin Engineri</b>	<b>Fluid Run Water Fitness (60) Cristin Engineri</b>	<b>Deep/Shallow Combo Class(60) Alicia Dermady</b>	
8:30am						Y-Body Cuts(45) Michelle Monsour
9:00am						<b>Aquatics Weekend Warrior Workout (60) Shelly House(july) Water Fitness Staff (Aug)</b>
9:15am						NIA Michelle Monsour
9:30am		<b>Aquatics Stretch &amp; Tone (60) Ginny Bush</b>		<b>Aquatics Forever Fit (60) Ginny Bush</b>		
10:45		SilverSneakers® - Muscular Strength & Range of Movement (45) Ginny Bush		SilverSneakers® - Muscular Strength & Range of Movement(45) Ginny Bush		
11:30a m		<b>Beginner's Circuit Challenge (30) Carrie Diliberto WFC</b>		<b>Beginner's Circuit Challenge (30) Carrie Diliberto WFC</b>		
12:10p m	Step(40) Jamie Schirtz	Y-Body Cuts(40) Jamie Schirtz	Y-Box (40) Kathryn Martini	Y-Body Cuts (40) Kate McCormick	Step(40) Stephanie Pullen	
	Y-Runners Kathryn Martini (45)		Pilates (40) Dixie Grimaldi Small Gym	<b>**Healthy Back (40) Bob Ball Small Conf. Rm. A — Y-Run Beginners/Intermediate Kathryn Martini (45)</b>		
1:10pm	Yoga (40) Dixie Grimaldi	<b>Basics to Y-Body Cuts Kathryn Martini</b>	Yoga (40) Dixie Grimaldi			
5:30	Awesome Abs (15) Debbie Murphy	Yoga (60) Amy Rood	Awesome Abs (15) Michelle Monsour	Yoga (60) Amy Rood		
5:45	Y-Box (60) Debbie Murphy		Step & Sculpt (60) Michelle Monsour			
6:00	<b>Aquatics Total Body Water Workout (60) Shelly House</b>		<b>Aquatics Total Body Water Workout (60) Shelly House</b>		<b>Aquatics Total Body Water Workout (60) Doug MacDonald</b>	
6:00	<b>**Pilates (60) Kara Dillow Small Conf Rm. A</b>		<b>**Pilates (60) Kara Dillow Small Conf Rm. A</b>			