



Effective August 1, 2010

www.ykracquetclub.com for the most up to date schedule

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>9:30-11:00am</b> Vinyasa Yoga Flow Toni (All Levels)						<b>10:00-11:00am</b> BellyFit® Jocelyn (All Levels)
		<b>12:10-12:50pm</b> Bootcamp Dana (All Levels)	<b>12:10-12:50pm</b> Hatha Yoga Flow Kimi (Level II-III)	<b>12:10-12:50pm</b> MAX Strength Janet (All Levels)		<b>10:00-11:00am</b> Spin Melissa (All Levels)
<b>11:30am-12:30pm</b> Bootcamp Erica (All Levels)	<b>12:10-12:50pm</b> Spin Dana (All Levels)		<b>12:10-12:50pm</b> Spin Karin (All Levels)		<b>12:10-12:50pm</b> Spin Kelli (All Levels)	<b>11:30-12:30pm</b> X-Factor Workout Todd( All Levels) <a href="#">See info below</a>
		<b>4:30-5:30pm</b> X-Factor Workout Todd( All Levels) <a href="#">See info on side panel</a>				
<p><b>Due to limited space and equipment, some classes may reach capacity.</b> First come, first served.</p> <p><b>SPIN:</b> Please reserve your bike prior to class with water bottle and provided hand towel. SPIN classes are located in the weight room at the back.</p> <p><b>YOGA &amp; NIA:</b> Class size is sometimes restricted to avoid overcrowding. A sign will be posted on the studio door stating the class is full when the limit has been reached.</p> <p><b>Fitness instructors may change without notice.</b></p>					<b>4:30-5:15pm</b> Super Step Janet (All Levels)	
	<b>5:40-6:40pm</b> Cardio Rebound Kitty (All Levels)	<b>5:40-6:40pm</b> PowerCORE Natasha (All Levels)	<b>5:40-6:40pm</b> MAX Strength Kelli (Level II-III)		<b>5:40-6:40pm</b> Hatha Yin Kimi (Level I-II)	<p><b>THE RACQUET CLUB X-FACTOR WORKOUT</b> Participants <b>MUST</b> attend a 1.5 hours X-Factor Technique Workshop prior to attending regularly scheduled classes. Information about upcoming X-Factor Technique Workshops is posted at the Club and online.</p> <p><b>Free Strength Training and Cardio Orientations</b> are given by our Personal Trainers. Call 920-2224 to make an appointment.</p>
	<b>5:40-6:40pm</b> Spin Karin (All Levels)	<b>5:40-6:40pm</b> Spin Rosie (Beginner/Level I)				
	<b>7:00-8:15pm</b> Yin Yoga Toni (All Levels)	<b>7:00-8:15pm</b> Nia Johanna (All Levels)	<b>7:00-7:45pm</b> Zumba® Natasha (All Levels)	<b>7:00-8:00pm</b> BellyFit® Jocelyn (All Levels)	<b>7:00-7:45pm</b> Zumba® Natasha (All Levels)	
			<b>8:00-9:00pm</b> Yoga Fusion Melissa (All Levels)			