



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Olean Family YMCA Fall Break Fitness Schedule

Summer Schedule ends:

Friday, September 3, 2010

Saturday, September 4:

No Classes-Facility Open

Sunday, September 5 and Monday, September 6:

No Classes-Facility Closed!

Tuesday, September 7

11:15a.m.-12:00 p.m.	SilverSneakers [®] Cardio Circuit - Kelly
4:30-5:30 p.m.	Step - Mark
5:30-6:30 p.m.	Total Training - Pam

Wednesday, September 8

8:15-9:00 a.m.	Cycling - Dianne
9:15-10:15 a.m.	Motion Plus - Dianne
10:30-11:15 a.m.	SilverSneakers [®] ROM - Dianne
4:30-5:30 p.m.	Zumba - Erin
5:30-6:30 p.m.	Zumba - Erin

Take ONE class or make it a ZUMBA NIGHT by attending both!

Thursday, 9-9, Friday, 9-10, and Saturday, 9-11:

NO CLASSES-Studio closed for cleaning!

Monday, September 13:

Start Fall Class Schedule!!!

For questions, please contact Ink Urho-Young, Sr. Wellness Director at 701-1330 or
fitness@oleaymca.org.