



**BOYERTOWN AREA YMCA**  
**WILLIAM S. HOLLENBACH CENTER**  
 3065 N. Charlotte Street, Gilbertsville. 610-754-7010  
**Group Exercise Schedule**  
**Winter: January 2 - February 25, 2012**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:00 a.m. Tai Chi Beginner</b> to 9:00 am <i>Charles</i>	<b>8:00 a.m. Senior Conditioning &amp; Sport</b> to 9:00 am <i>Ceil</i>	<b>8:00 a.m. Tai Chi Beginner</b> to 9:00 am <i>Charles</i>	<b>8:00 a.m. Senior Conditioning &amp; Sport</b> to 9:00 am <i>Elaine</i>	<b>8:00 a.m. Golden Stars Fitness</b> to 8:45 am <i>Kathy</i>	<b>7:00 a.m. Aero Kickbox</b> to 7:30 am <i>Terry</i>
<b>9:00 a.m. Barbell</b> to 10:00 am <i>Bridget</i>	<b>9:15 a.m. Zumba</b> to 10:15 am <i>Brooke</i>	<b>6:30 p.m. Gentle Yoga</b> to 7:30 pm <i>Marge</i>	<b>9:15 a.m. Zumba</b> to 10:15 am <i>Brooke</i>	<b>9:15 a.m. Barbell</b> to 10:15 am <i>Bridget</i>	<b>7:30 a.m. Abs+</b> to 8:00 am <i>Terry</i>
<b>10:00 a.m. Kickbox Camp</b> to 11:00 am <i>Bridget</i>		<b>7:30 p.m. Yoga</b> to 8:30 pm <i>Marge</i>		<b>10:15 a.m. Kickbox Camp</b> to 11:15 am <i>Bridget</i>	
<b>6:00 p.m. Total Body Toning</b> to 7:00 pm <i>Jen</i>					
<b>6:30 p.m. Gentle Yoga</b> to 7:30 pm <i>Marge</i>					

*All classes on these schedules are FREE to Wellness members.  
 Classes are subject to change. Check our website for the latest schedule.*  
[www.boyertownymca.org](http://www.boyertownymca.org)

**GILBERTSVILLE CENTER**

144 Holly Road, Gilbertsville. 610-367-9622

**WEDNESDAY**

<b>6:00 p.m. Tai Chi Intermediate</b> to 7:00 pm <i>Charles</i>
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