



September 2010 Wellness Announcements

Labor Day Weekend

No evening classes 9/3 and no classes 9/4-9/5. We are refinishing the floors in Studio A and B. The building is closed 9/6. Happy Labor Day!

Cardio Rotation: Mondays 11:00am

9/13 Beginner Step with Cheryl

9/20 Step with Romain

9/27 Step with Mica

Cardio Rotation: Tuesdays 5:30pm

9/7 Beginner Step with Cheryl

9/14 Circle Step with Gretchen

9/21 Step with Deborah

9/28 Step with Romain

Dance Party: Saturdays 10:30am

9/11 Latin Fusion with Joanna

9/18 Cardio Funk with Stacy

9/25 Zumba with Sherry

Water Aerobics

9/2, 9/7, and 9/9 only 7:00am classes

Other exciting news

6:30 PM on Thursdays we offer a free healthy weight class in the glass room

Join our team to "Walk for Autism" go to www.triangleribbonrun2010.com 3.2 mile walk/run on October 9th at 9am at Moore Square in Raleigh. Register to be apart of the YMCA of the Triangle/ Kraft team

New Classes:

Sundays 1:45-2:30pm Family Fitness (K-5th with parent)

Mondays 6:30pm Adult Agility Training

Tuesdays/Thursdays 7:00am Low Impact Conditioning

Tuesdays 10:45am HIIT Cycle (30min of intense cycle)

Wednesdays 10:30am Cardio Express and 6:15pm HIIT

Thursdays 7:30pm Core class

Fridays 11:30am Yogilates

October

- No evening classes 10/7 due to the kickoff for our We Build People Campaign.

