




# Group Exercise

We build strong kids, strong families, strong communities.  
 Summer/Fall 2010 Class Schedule

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b><u>9:00-10:00 a.m.</u></b> Silver Sneakers Class-Cardio Circuit <b>Instructor: Judy</b>		<b><u>9:00-10:00 a.m.</u></b> Silver Sneakers Class-Yoga Stretch <b>Instructor: Judy</b>		<b><u>9:00-10:00 a.m.</u></b> Silver Sneakers Class-Cardio Circuit <b>Instructor: Judy</b>
<b><u>10:30-11:30 a.m.</u></b> Silver Sneakers I Class-Muscular Strength & Range of Movement <b>Instructor: Jerrin</b>	<b><u>10:30-11:30a.m.</u></b> Silver Sneakers Class-Cardio Circuit <b>Instructor: Judy</b>	<b><u>10:30-11:30 a.m.</u></b> Silver Sneakers I Class-Muscular Strength & Range of Movement <b>Instructor: Jerrin</b>	<b><u>10:30-11:30 a.m.</u></b> Silver Sneakers Class-Cardio Circuit <b>Instructor: Judy</b>	<b><u>10:30-11:30 a.m.</u></b> Silver Sneakers I Class-Muscular Strength & Range of Movement <b>Instructor: Jerrin</b>
<b><u>6:30-7:30 p.m.</u></b> Water Aerobics Terrell Pool <b>Instructor: Teri</b>	<b><u>6:30-7:30 p.m.</u></b> Water Aerobics Terrell Pool <b>Instructor: Teri</b>	<b><u>6:30-7:30 p.m.</u></b> Water Aerobics Terrell Pool <b>Instructor: Teri</b>	<b><u>6:30-7:30 p.m.</u></b> Water Aerobics Terrell Pool <b>Instructor: Teri</b>	

Try our cardio room containing—treadmills, ellipticals, and  
 Recumbent bike sponsored by Auto Zone

**Family Membership = \$37.00 per month    Adult Membership=\$27.00 per month**  
**Senior Membership=\$23.00 per Month**  
**effective 01/01/2008**

These are set up on a monthly draft from either a checking or credit card account. On the 1<sup>st</sup> or 15<sup>th</sup> of the month  
**Mission Statement: To put Christian values into practice through programs that**  
**build healthy spirit, mind and body for all.**

**Kaufman County YMCA 105 N. Rockwall St. Terrell, TX 75160**  
**Website: [www.kaufmancountyyymca.org](http://www.kaufmancountyyymca.org)**

**972-524-9622**