

Class Times	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-6:45 AM	Group Flex (Jenny)	Boot Camp (Johnna)	Yogalates (Diana)	Group Flex (Johnna)	Cycle Class (Johnna)		
8:15-9:15 AM	Stress Relief Yoga (Dawn/Linda)		Stress Relief Yoga (Dawn/Linda)				
8:00-9:30 AM						ZUMBA FLEX (Jenn & Debbie) 8-9:30	
9:15-10:00 AM		Trekking (Jay)		Trekking (Jay)		Combining the best of both classes!	
9:15-10:15 AM	Group Cycling (Robin)	Step Aerobics (Robin)	Group Cycling (Robin)	Step Aerobics (Robin)	Group Cycling (Robin)		
9:30-10:30 AM	Group Flex (Rachel)		Group Flex (Rachel)		Group Flex (Jenny H)		
10:30-11:30 AM	Kickboxing (Rachel)	Power Yoga (Dawn/Linda)		Power Yoga (Jamie P)	Zumba (Jenny)		
11:00-11:30 AM	Trekking (Linda)		Trekking (Linda)				
11:45-12:30 PM	Active Older Adults (Dawn/Linda)	Zumba (Jenny)	Active Older Adults (Dawn/Linda)	Reformer Pilates (Jamie P)	Active Older Adults (Dawn/Linda)		
11:45-12:30 PM		Pilates Reformers (Dawn)					
11:45-12:45 PM	Group Cycling (Kathy)		Group Cycling (Kathy)		Group Cycling/Trekking (Johnna)		
4:00-5:00 PM		Boot Camp (Jenny)	(4:15) Zumba (Johnna)	Boot Camp (Matt)			
4:15-5:15 PM	Mat Pilates & Reformers (L & J)		Reformers Class				
5:00-5:30 PM		Cardio Abs (Andrea)		Cardio Abs (Andrea)			
5:15-6:15 PM	Zumba (Johnna)						
5:30-6:30 PM	Total Cond.(Debbie)	Yoga (Andrea)	Total Cond (Debbie) Core Yoga (Andrea)	Yoga (Andrea)			
5:40-6:40 PM	Kickboxing (Jenny)			Kickboxing (Jenny)			
6:40-7:40 PM	Power Yoga (Andrea)						
6:40-7:40 PM		Zumba (Jamie P)		Zumba (Jamie)			

YGROUP EXERCISE
We build strong kids, strong families, strong communities.



Jenny's Fitness



Unite Now!

Lazy Man's Triathlon
BREAK IT DOWN!

Kick off is *Friday, July 10!*

**2.4 Mile Swim, 112 Mile Bike
26.2 Mile Run
4 Categories
Novice—2 Weeks
Fit—4-7 Days
Elite— 3 Days
Insane— 2 days
Sign up begins Monday, June 8**





Membership Newsletter



No Such Thing As A Free Lunch? How About A Free Dinner?

**Stop by the Markland Mall
Chipotle and show us your
Kokomo YMCA
membership card
Monday, July 27th**

5:00pm-8:00pm

**And we'll hook you up with a
FREE BURRITO**

(Sorry, no fax or online orders)



Congrats to the Dynamic Duo Participants!!

Carla and Rique won the Dynamic Duo with the most points!

Diana and Jen won the race
(made it to the destination first)
Tracy lost the most % of weight.

Way To Go Everyone!!!

Thank you to Johnna Welch fLarry Bales, Dave Leonard, Jenny Quillen and Tammy Pressey.

YMCA MEMBERS ONLY FREE FAMILY PICNIC

YMCA members come join us for a fun filled evening.

When: **Friday July 10, 2009 starting at 6:00PM**

Where: Beautiful YMCA Camp Tycony on Malfalfa Rd

The YMCA will provide hotdogs, condiments, marshmallows and lemonade. Please bring a side dish to share. (chips, dessert veggie dish, fruit, etc.)

Activities will include: Camp fire - hot dog and marshmallow roast

- Hiking
- Canoeing
- Relays
- Playground
- Bring your own

fishing poles for fishing
and stories

Campfire songs



Please register at the front desk of the downtown YMCA or the Child Care



Check out our website!

www.kokomoymca.org

Sign up for our
E-NEWSLETTER or download our
activity guide!



**SAVE THE
DATE!
YMCA GOLF
TOURNAMENT**

AUGUST 12!