



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30-6:30am BODY PUMP Estelle	5:30-6:30am BODY PUMP Nikki	5:30-6:30am BODY PUMP Estelle	5:30-6:30am BODY PUMP Nikki	5:30-6:30am BODY PUMP Varies		
	9:20-10:20am BODY PUMP Terrill		9:20-10:20am BODY PUMP Terrill		9:00-10:00am BODY PUMP Varies	
11:00-12:00pm BODY PUMP Terrill		11:00-12:00pm BODY PUMP Terrill		11:00-12:00pm BODY PUMP Judy		
	12:10-12:50pm BODY PUMP Express Kristin M.		12:10-12:50pm BODY PUMP Express Kelly			BODY PUMP 12:15-1:15pm Varies
	5:30-6:30pm BODY PUMP Melanie		5:30-6:30pm BODY PUMP Melanie			
6:30-7:30pm BODY PUMP Paula		6:30-7:30pm BODY PUMP Stacy O.				

BODY PUMP Release dates...

BODY PUMP #72 – Monday, Feb. 8, 2010

BODY PUMP # 73 – Monday, May 10, 2010

BODY PUMP #74 – Monday, July 5, 2010

BODY PUMP #75 – Monday, Oct.4, 2010

BODY PUMP #76 – Monday, Jan. 3, 2011

BODY PUMP #77 – Monday, April 4, 2011

- **BODY PUMP classes are open to all Y Members!!**
- **We can fit approx. 28 participants in the studio. There will be numbered cards (1-28) at the Member Services Desk which may be picked up *30 minutes* prior to class. This card is your ticket to attend class and will be turned into your instructor.**
- **BODY PUMP *Express* is a shortened 40 minute workout (Noon). All other classes are 1 hour in length.**