

Effective: June 28, 2010



We build strong kids, strong families, strong communities.

## Ferndale Activity Center Fitness Schedule

All classes in the Ferndale YMCA Gym, unless otherwise noted.

Time	Monday	Tuesday	Wednesday	Thursday
6:00 a.m. - 7:00 a.m.		<b>Cycle Circuit**</b> Courtney		
10:00 a.m. - 11:00 a.m.			<b>Basic Yoga</b> Lo <i>(multipurpose room)</i>	
10:15 a.m. - 11:15 a.m.	<b>Basic Yoga</b> Terah <i>(multipurpose room)</i>			
6:00 p.m. - 7:15 p.m.		<b>Ashtanga Yoga</b> Holly <i>(multipurpose room)</i>		<b>Ashtanga Yoga</b> Holly <i>(multipurpose room)</i>
7:15 p.m. - 8:30 p.m.			<b>Cycle Circuit**</b> Courtney	

**\*\* All Cycling Classes are limited to 8 participants. First come, first serve. Class participants must reserve their bike by signing up or calling the Ferndale YMCA, 360-380-4911, the day of the class.**

### Ashtanga Yoga

This is a flowing Vinyasa style class that helps develop personal awareness as it unites breath and movement. It helps build strength and flexibility as it begins the process of healing and cleansing the body.

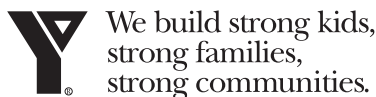
### Basic Yoga

A class designed to focus on stretching, strengthening, breathing and relaxing using Yin (gentle) and Ashtanga (vigorous) yoga styles.

### Cycle Circuit

An exciting 'Boot Camp' style class based on circuit training principles. Circuits will include cycling, strength, core and cardio components. All levels welcome! **\*\* All Cycling Classes are limited to 8 participants. First come, first serve. Class participants must reserve their bike by signing up or calling the Ferndale YMCA, 360-380-4911, the day of the class.**

For more information contact  
Fitness Coordinator, 733-8630 or the  
Ferndale YMCA, 380-4911.



[www.whatcomymca.org](http://www.whatcomymca.org)