

# DMFY Group Exercise Summer Schedule 2010

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:45am to 6:45am		<b>Body Shaping Wayne</b>		<b>Body Shaping Wayne</b>		
9:00am to 10:00am						<b>ZUMBA Latishia</b>
10:00am to 11:00am						
12:00pm to 1:00pm						
12:15pm to 12:45pm		<b>ABS X 2 Wayne Walker</b>		<b>ABS X 2 Wayne Walker</b>		
1:30pm to 2:30pm						
4:30pm to 5:00pm		<b>Kids - ZUMBA Latishia</b>		<b>Kids - ZUMBA Latishia</b>		
5:45pm to 6:45pm	<b>ZUMBA Latishia</b>	<b>ZUMBA Latishia</b>	<b>ZUMBA Latishia</b>	<b>ZUMBA Latishia</b>	<b>ZUMBA Latishia</b>	
7:00pm to 8:00pm						



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



YMCA mission: To put Christian principals into practice through programs that build healthy spirit, mind, and body for all.

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Financial Assistance  
 Is Available