

ALBANY YMCA Group Exercise Schedule Winter 2010

Monday-Sunday

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6-7am	6:00 am Boot Camp! Gabe	6:30 am Step Kim	6:00 am Boot Camp! Gabe		6:00 am Boot Camp! Alex				
7-8am	7:45 am Easy Going Teresa		7:45 am Easy Going Cato		7:45 am Easy Going Teresa	8:00 am Step Mary	8:15 am YOGA* Jim	7:45 am Cardio Dance Kim	
8-9am	8:50 am Healthy Heart Cynthia	8:00 am Jazz Combo Cato	8:50 am Healthy Heart Gail	8:00 am Total Body Conditioning/TBC ** Dianne	8:50 am Healthy Heart Sandy	9:15 am Zumba/Sculpt Teresa	9:45 am YOGA* Antonia	8:35 am World Beat Carolyn	
9-10am	9:40 am Step & Strength Chrissy/Mary	YOUTH PROGRAMS	9:40 am Step & Low Cynthia	YOUTH PROGRAMS	9:40 am Nia Carrie	10:20 am Cardio Dance Cato		9:40 am Step Chrissy	9:15 am YOGA* Sheri
11-12am	11:00 am Senior Aerobics Mary		11:00 am Senior Aerobics Mary		11:00 am Senior Aerobics Mary	New time	11:15am YOGA* Jeffrey		11:00 am YOGA* Susan
12-1pm	12:15 pm Pilates Mat Sue	12:15 pm Pilates Mini Ball Sue	12:15 pm TBC** Mary	12:15 pm YOGA Scotty	12:15 pm Kickboxing Chrissy				
1-2pm	1:30 pm Basic Pilates Sue	1:30 pm Yoga II Debbie	YOUTH PROGRAMS	1:35 pm Gentle Yoga Scotty	1:30 pm Pilates Sandy	YOUTH PROGRAMS	YOUTH PROGRAMS	YOUTH PROGRAMS	
5-6pm	YOUTH PROGRAMS	2:35 pm Pull Up a Chair Sue	5:15 pm Nia Nila	2:35 Pull Up A Chair Teresa	YOUTH PROGRAMS			5:00 pm Yoga* Jenni	
6-7pm	6:10 pm Boot Camp Gabe	6:30 pm Tai Chi* Starfire	6:00pm TBC** Dianne	6:30pm YOGA* Rebekah	6:00 pm Basic Pilates Sue	6:30 pm YOGA* Gretchen	PLEASE NOTE: **Total Body Conditioning		
7-8pm	7:05pm Cardio Dance Cato	7:05 pm Hip Hop Tati	7:00 pm Kickboxing Chrissy	8:00 pm Restorative Yoga* Kathleen	7:05 pm Cardio Dance Cato		INSTRUCTORS SUBJECT TO CHANGE.		

(*These classes are given at 1216 Solano)