



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# Group Fitness Class Schedule

## January 2012

### ALBANY YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00am Boot Camp Gabe	6:20am Step Combo Kim	6:00am Boot Camp Gabe		6:00am Boot Camp Volunteer Staff	8:00am Step Challenge Mary	7:45am Cardio Dance Kim
7:45am Easy Going Teresa	8:00am Jazz Combo Cato	7:45am Easy Going Mary	8:00am TBC* Dianne	7:45am Easy Going Teresa	8:30am** Pilates Mat Sue	8:35am World Beat Carolyn
8:50am Healthy Heart Gail		8:50am Healthy Heart Cynthia		8:50am Healthy Heart Sandy	9:10am Zumba Teresa	9:15am** Yoga II Sheri
9:40am Step & Strength Mary/Chrissy		9:40am Step & Strength Cynthia		9:40am Nia Nila	9:45am** Yoga I Bridget	9:40am Step Challenge Chrissy
11:00am Senior Aerobics Mary		11:00am Senior Aerobics Mary		11:00am Senior Aerobics Mary	10:10am TBC* Cynthia	11:00am** Yoga I Susan
12:15pm Pilates Mat Sue	12:15pm Pilates Mini Ball Sue	12:15pm TBC* Mary	12:15pm Yoga II Scotty	12:15pm Kickboxing Chrissy	11:15am** Yoga I Vlad	5:00pm** Yoga I Jenni
1:30pm Basic Pilates Sue	1:25pm Yoga II Debbie		1:35pm Gentle Yoga Scotty	1:30pm Pilates Sandy	11:15am Cardio Dance Cato	
6:05pm Zumba Diana	2:40pm Pull Up A Chair Sue	6:05pm Zumba Teresa	2:40pm Pull Up A Chair Teresa		** Location 1216 Solano Ave *TBC=Total Body Conditioning  <b>INSTRUCTOR Name in BLUE</b> indicates substitute  <b>Classes and instructors</b> <b>subject to change without notice.</b>	
6:30pm** Tai Chi Starfire	6:00pm TBC* Dianne	6:30pm** Yoga I Rebekah	6:00pm Basic Pilates Sue			
7:00pm TBC* Chrissy	6:30pm** Yoga II Britta	7:00pm Kickboxing Chrissy	6:30pm** Yoga II Erica			
	7:05pm Hip Hop Tati	8:00pm** Restorative Yoga Kathleen	7:05pm Zumba John			
		<b>Starts Jan 11</b>				

#### ALBANY YMCA

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