



Empire State Plaza YMCA

# Group Exercise Schedule

Effective December 1st, 2011

FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Day	Time	Class	Instructor
Monday	11:30-12:15pm	Hi/Lo Aerobis	Elaine & Mark
	12:15-12:30pm	Abs	Lois
	12:30-1:15pm	Yoga	Lois

Tuesday	11:30-12:15pm	Pilates - Mat	Leslie
	12:15-12:30pm	Abs	Jackey
	12:30-1:15pm	Boot Camp	Alana

Wednesday	6:30-7:30am	Pilates - Mat	Ellen
	11:30-12:15pm	Total Body Zen	Maria
	<b>12-1pm</b>	<b>Tabata</b>	<b>Connie</b>
	12:15-12:30pm	Abs	Alana
	12:30-1:15pm	Body Sculpt	Melissa
	1:15-1:45pm	Athletic Yoga	Janet

Thursday	11:30-12:15pm	Cardio Conditioning with Sculpt Intervals	Kim
	12:15-12:30pm	Abs	Kim
	12:30-1:15pm	Hi/Lo Aerobics	Alana & Lois

Friday	11:30-12:15pm	Zumba	Maria
	12:15-12:30pm	Abs	Janet
	12:30-1:15pm	Yoga	Leslie
	<b>12:30-1:15pm</b>	<b>Step</b>	<b>Mark</b>

All classes will be held in BACK Aerobics Studio except for the those listed in ***BOLD ITALICS***.  
Classes listed in ***BOLD ITALICS*** will be held in the FRONT Aerobics Studio