



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## January Group Exercise Albany YMCA

<b>Cycling Room</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Group Cycling</b> 06:30-07:15am Amy		<b>Group Cycling</b> 06:30-07:15am Amy		<b>Group Cycling</b> 06:30-07:15am Melinda	
						<b>Group Cycling</b> 08:30-09:15am Blythe
	<b>Group Cycling</b> 12:30-01:15pm Blythe		<b>Group Cycling</b> 12:45-01:30pm Blythe			
	<b>Group Cycling</b> 05:30-06:15pm Keren					
<b>Track</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						<b>TABATA</b> 09:30-10:30am Jeff
	<b>F.I.T. Camp</b> 12:15-12:50pm Ben	<b>Awesome Abs</b> 12:15-12:35pm Tom	<b>Awesome Abs</b> 12:15-12:35pm Tom	<b>Awesome Abs</b> 12:15-12:35pm Tom	<b>Awesome Abs</b> 12:15-12:35pm Tom	
			<b>Women on Weights</b> 05:15-05:45pm Abby	<b>BodySculpt</b> 05:15-06:00pm Kendra		
	<b>Total Body Circuit</b> 06:00-07:00pm Jeff	<b>Awesome Abs</b> 06:00-06:20pm Craig	<b>Awesome Abs</b> 06:00-06:20pm Craig	<b>Total Body Circuit</b> 06:00-07:00pm Jeff		
		<b>F.I.T. Camp</b> 06:30-07:00pm Craig	<b>F.I.T. Camp</b> 06:30-07:00pm Craig			
<b>Wellness Center</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>Ask the Trainer</b> 05:00-06:00pm Jeff					
<b>Gym</b>						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>YOGA</b> 06:30-07:30am Katy		<b>Pilates</b> 06:15-07:00am Hollan		
<b>YOGA</b> 09:00-10:00am Melinda						
			<b>ZUMBA</b> 05:45-06:45pm Jill			
					<b>ZUMBA</b> 06:00-07:00pm Cassie	

**Valid Through:** Subject to change



**FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**