



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE

Group Exercise	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Winter I Dec. 19 th - Feb. 19 th	9:45-10:45am Gentle Yoga- AS Amanda	New: 5:30-6:30am F.I.T Camp AS Gina	9:45-10:45am Yoga - AS Nancy	New: 5:30-6:30am F.I.T Camp AS Gina			
All Adult Fitness class participants must be at least 13 years old to participate.		*10-11:00am Cardio Dancin' AS Esther		*10-11:00am Cardio Dancin' AS Esther		10:00-10:50am Zumba - AS Bri/Joan	
To avoid injury due to a lack of warm-up, please do not enter classes more than 10 minutes late.	11-11:50am Silver Sneakers MSROM AS Scott	11-11:50am Total Body Circuit AS Ed	11-11:50am Silver Sneakers MSROM AS Scott	11-11:50am Gentle Yoga AS Amanda			11-11:40am Weekend Warrior AS Juli
To receive emails with up to date important Schenectady YMCA, log onto www.cdymca.org and enter your email address in the member alert section.	12-12:45pm Women on Weights AS Nancy G.	12-12:45pm Zumba AS Yvette		12-12:45pm Zumba AS Yvette	12-12:45pm F.I.T. Camp AS Scott	12-1:00pm Yoga AS Nancy	11:45-12:00pm Awesome Abs AS Juli
	12:45-1:00pm Awesome Abs AS Nancy		12:45-1:00pm Awesome Abs AS Scott		New: 1:00-1:30pm Balance AS Scott		
	1:10-2:00pm Zumba Gold AS Joan		1:10-2:00pm Zumba Gold AS Joan				
Room Key: AS – Aerobic Studio G – Gym SHS – Schenectady High School Pool TR – Team Room	5-6:00pm Tabata AS Scott	5-5:50pm Zumba AS Joan	5-5:50pm 20/20/20 AS Juli	5-5:50pm Zumba – AS Bri 6-6:15pm Awesome Abs- AS Scott 6:15-7:15pm Pilates- TC Sharyn	New: 6:00-6:50pm Dynamic Functional Strength Training AS Ed		
* Cardio Dancin' is a paid program	6-6:50pm Zumba - AS Bri		6:30-7:30pm Beginner Yoga- AS Nancy	6:30-7:30pm Yoga- AS Nancy			



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