



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Group Exercise Schedule Greenbush YMCA

Aerobics Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Body Sculpt II 06:00-06:55am Jen		Body Sculpt II 06:00-06:55am Erika		
	Athletic Yoga 07:00-08:00am Sharon		Athletic Yoga 07:00-08:00am Nikki		Athletic Yoga 07:00-08:00am Bill	
Cardio Sculpt 08:00-08:55am Hollan	Butts and Gutts 08:45-09:15am Blythe	Body Sculpt 08:30-09:15am Holly	Cardio Sculpt 08:15-08:55am Nikki	Cardio Sculpt 08:30-09:15am Blythe		Cardio Sculpt 08:30-09:25am Jenn
Body Sculpt 09:00-09:55am Hollan	Will, Power and Grace 09:15-10:00am Keri	Zumba 09:15-10:15am Holly	Body Sculpt 09:00-09:55am Holly	Zumba 09:15-10:15am Holly	Step 09:00-09:55am Holly	20/20/20 09:30-10:25am Erika
Zumba 10:00-10:55am Diane	Pilates/Yoga Fusion 10:00-10:55am Keri	Pilates 10:30-11:30am Mary	Beginner Step 10:00-10:55am Dene	Pilates 10:30-11:25am Mary	Body Sculpt II 10:00-10:55am Diana	Yoga 10:30-11:30am Bill
Pilates 11:00-12:00pm Connie	Nia 11:00-12:00pm Richele	Beginner Yoga 11:30-12:15pm Keri	Nia 11:15-12:15pm Laura	Silver Sneakers Yoga 11:30-12:00pm Mary	Nia 11:00-12:00pm Richele	Zumba 11:30-12:30pm Concetta
	Silver Sneaker MSROM 12:30-01:15pm Barb	Tai Chi 12:30-01:30pm Vera	Silver Sneaker Cardio Circuit 12:30-01:15pm Barb		Silver Sneaker MSROM 12:30-01:15pm Barb	
	Body Sculpt 04:00-04:55pm Jenn	Cardio Sculpt 04:00-04:55pm Hollan	Butts and Gutts 04:00-04:30pm Blythe	Butts and Gutts 04:00-04:30pm Blythe	Zumba Gold 04:00-04:55pm Concetta	
	Tabata 05:00-05:55pm Jenn	Body Sculpt II 05:00-05:55pm Diane	Zumba 05:00-05:55pm Denise	Athletic Yoga 05:00-05:55pm Keylla	Yoga 05:00-06:00pm Bill	
	Step /Sculpt 06:00-06:55pm Marla	Cardio Sculpt 06:00-06:55pm Connie	Dynamic Functional Strength Training 06:00-06:55pm Marla	20/20/20 06:00-06:55pm Connie	Tabata 06:00-06:55pm Marla/Blythe	
	Beginner Yoga 07:00-08:00pm Bill	Pilates 07:00-08:00pm Diana	Body Sculpt II 07:00-08:00pm Connie	Tabata 07:00-08:00pm Michelle	Zumba 07:00-08:00pm Denise	

Through March 10, 2012: Subject to change