



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

**Good through March 3rd** : Subject to change