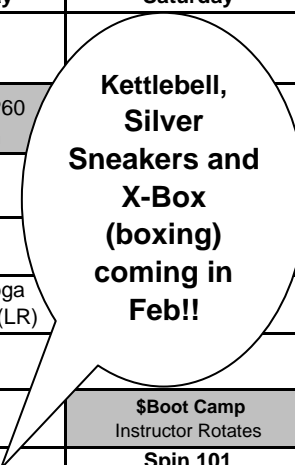


# Albany Area YMCA January Group Exercise Schedule

\$ - Fee Required

WR - Wellness Room

LR - Leadership Room; Rm 103 by Childwatch

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45-6:30 am	Step Interval Brenda	Spin Brenda	Step Interval Brenda	Spin Brenda		
5:45-6:45 am	\$AMP60 Dan		\$AMP60 Dan		\$AMP60 Dan	 <p><b>Kettlebell, Silver Sneakers and X-Box (boxing) coming in Feb!!</b></p>
8:15-8:55 am	Hi/Low Impact Emily		Hi/Low Interval Mary			
8:15-9:00 am		Spin Donnette		Spin Donnette		
8:30-9:30 am	AM Yoga Laura (LR)		AM Yoga Laura (LR)		AM Yoga Penny (LR)	
8:30-10:00 am	<b>FREE Tot Lot - Monday and Thursday - 8:30-10:00 am</b> Drop off in Child Watch					
9:00-10:00 am						\$Boot Camp Instructor Rotates
9:00-9:15 am	Step Basics Julie		Step Basics Julie			Spin 101 AI
9:15-10:15 am	Step-n-Sculpt Julie	Power Sculpt Mary	Step-n-Sculpt Julie	XFit Emily	Step-n-Sculpt Julie	Spin (9:15-10:00 ) AI
10:15-11:00 am	Senior Fun Fit Kelly	Chair Yoga Sam	Senior Fun Fit Kelly	Chair Yoga Sam	Senior Fun Fit Sam	<p><b>Turbo Kidz</b> Free activity class for youth ages 7-11. Mon &amp; Thurs 6:00-6:45pm. Parents must remain in the building during Turbo Kidz. <b>Free with Family Membership</b></p>
12:00-12:30 pm		30-Min Abs Mary		30-Min Abs Donnette		
12:00-12:45 pm	Spin AI	\$Boot Camp (12:10-12:55) Carl	Spin Emily	\$Boot Camp (12:10-12:55) Landon	Spin Donnette	
12:30-12:45 pm	Daily Dose Donnette	Daily Dose Mary	Daily Dose Donnette	Daily Dose Donnette		
5:15-5:30 pm				Spin 101 Emily		
5:45-6:30 pm	Spin Emily		Spin Melissa			<p><b>\$Tennis</b> Monday 5:15-6:00pm (age 5-8) 6:00-6:45 pm (age 9-14)  Mon/Thurs 6:45-7:45 pm (age 15+)  Sign up the 1st of each month!</p>
5:30-5:55 pm		<b>Body Toning</b> Brenda		<b>Body Toning</b> Mary		
6:00-6:25 pm		<b>Abs Only</b> Brenda		<b>Abs Only</b> Mary		
5:30-6:30 pm		Spin & Core AI	XFit instructor Rotates	Spin & Core Emily		
5:45-6:30 pm	Zumba Merlong		Pilates Healthy Back - Sam - WR	<b>Unlimited Boot Camp</b> classes for only \$20 a month for members.		
6:00-7:00 pm	30-Min Circuit Express Fit Coach		30-Min Circuit Express Fit Coach			
6:30-7:30 pm		Zumba TBA		Zumba TBA		<p><b>\$Youth Dance</b> <b>Twinkle Toes I (age 3-5)</b> Tuesday 6-6:55 pm <b>Twinkle Toes II (age 6-12)</b> Tuesday 7:00-7:55 pm (Classes held in Room 103) <b>Sign up the 1st of each month!</b></p>
6:30-7:30 pm	Power Chi Yoga Alan		Power Chi Yoga Alan			
7:30-8:30 pm	Classes averaging six or fewer members are subject to cancellation		\$Ballroom Dance Michelle 7:30-8:30 Jan 11-Feb 29			