



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**LEE BRANCH YMCA** | Group Exercise Schedule  
316 Robert E. Lee Drive, Leesburg, GA 31763  
229.759.9770 | [www.albanyareaymca.org](http://www.albanyareaymca.org)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUN DAY
9:00 - 9:45 AM	SilverSneakers® Classic Kathy	Stability Donnette	Chair Yoga Tami	SilverSneakers® Classic Kathy	SilverSneakers® Classic Kathy	Circuit Express Fit Coach	
3:00 - 5:00 PM							Trojan Fit Club Pedro
4:00 - 4:45 PM		Spin® Donnette					
4:15 - 5:00 PM	Boot Camp Tobi <small>Location varies. Call 229-759-9770</small>		Boot Camp Dan Outside @ Lee Y				
4:45 - 5:30 PM				Pilates on the Ball Samantha			
5:00 - 6:00 PM		Belle Barre Donnette					
5:30 - 6:15 PM				WERQ Samantha			
5:30 - 6:00 PM	Core Conditioning Anita		Core Conditioning Anita				
6:00 - 6:45 PM	Spin® Anita	<b>6:15-7:00</b> Circuit Express Core LaRon	Spin® Anita	<b>6:15-7:00</b> Circuit Express Core LaRon			