

# Albany Area YMCA Land March Fitness Class Schedule

**\$Fee Required**

**WR - Wellness Room**

**Room 103 - By Child Watch**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
5:45-6:30am	Step Brenda	Spin Brenda	Step Brenda	Spin Brenda	Step Brenda	<b>See separate flyer for water exercise</b>	
8:00-8:45am	Low Impact Emily		Low Impact Sam		Low Impact Sam		
8:15-9:15am		Spin Donnette		Spin Donnette			
8:30-9:30am	Power Chi Yoga (Gym #2) Alan		Power Chi Yoga (Gym #2) Alan		Hatha Yoga ) Donnette -WR		
9:00-10:00am	Step-n-Sculpt Julie	Power Sculpt Julie	Step-n-Sculpt Julie	Power Sculpt Arlene	Step-n-Sculpt Julie		Spin Al
9:00-11:00am	<b>\$</b> Jump Start Dana		<b>\$</b> Jump Start Dana	<b>Team Lean competition Coming April 21st! Look for more information coming soon!</b>			
9:30-10:30am						Zumba Instructor Rotates	
10:15-11:00am	Senior Fun Fit Arlene	Chair Yoga Sam	Senior Fun Fit Donnette	Chair Yoga Sam	Senior Fun Fit Toni	<b>\$</b> Aikido-10:00- 10:45am - Age 6-8 Aaron (Rm 103)	
11:00-11:45am						<b>\$</b> Aikido-Age 9-14 Aaron	
12:00-12:30pm		30-Min Abs Donnette		30-Min Abs Donnette		<b>\$</b> Aikido-Age 15+ 12-1pm Aaron	
12:00-12:45pm	Spin Al	<b>\$</b> Boot Camp (12:10-12:55) begins 3/8	Spin Emily	<b>\$</b> Boot Camp (12:10-12:55) begins 3/8	Spin Donnette		
12:30-12:45pm	<b>\$</b> Daily Dose Donnette	<b>\$</b> Daily Dose Donnette	<b>\$</b> Daily Dose Donnette	<b>\$</b> Daily Dose Donnette	<b>\$</b> Daily Dose Mary		
4:00-4:45pm	<b>Aikido starts March 1st! Sign up today!</b>	<b>\$</b> Aikido - Age 6-8 Aaron -WR				<b>\$</b> Tennis starts March 1st Mon 5:15-6:00 (age 5-8) Mon 6:00-7:00pm (age 9-14) M 7:00-8:00 & Th 6:00-7:00pm (age 15+)	
4:30-5:00pm		Step 101 Mary		Step 101 Mary			
5:00-5:30pm		Step Mary		Step Mary			
5:00-5:45pm		<b>\$</b> Aikido - Age 9-14 Aaron - WR					
5:30-6:00pm	Upper Cuts Deanna	Lower Cuts Mary		Upper Cuts Mary			
5:30-6:15pm	Spin Melissa		Spin Melissa		Spin Al		
5:30-6:30pm		Spin & Core Emily	XFit Deanna	Spin & Core Emily	Power Sculp Brenda		
5:45-6:30pm			Pilates Healthy Back - Sam - WR			<b>\$</b> Boot Camp begins <b>March 8 - T/Th 5:45-6:30 (YMCA Sports Park)</b>	
6:00-7:00pm	Dance It Off (Family) Denise			Dance It Off Denise			
6:00-7:00pm	30-Min Circuit Express (Nautilus)		30-Min Circuit Express (Nautilus)			<b>\$</b> Youth Dance starts March 1st  <b>Tiny Tots I (age 3-5)</b> Tues 6-6:45pm <b>Tiny Tots II (age 6-12)</b> Thursday 6:00-6:45pm <b>Dance Techniques (age 13+)</b> Tues 6:45-7:45pm (Classes held in Room 103)	
6:00-7:00pm	<b>\$</b> Boot Camp Deanna (starts 3/8)	<b>\$</b> Aikido Age 15+ Aaron 6-7p WR		<b>\$</b> Boot Camp Mary (starts 3/8)			
6:15-6:30pm	Spin 101 Melissa						
6:30-7:30pm	Power Chi Yoga Alan		Power Chi Yoga Alan				
7:00-8:00pm	<b>\$</b> Bridal Boot Camp - Mary (starts 3/8)			<b>\$</b> Bridal Boot Camp - Mary (starts 3/8)			
7:00-8:00pm	<b>Classes with 6 or fewer members are subject to cancelation</b>			<b>\$</b> Ballroom Dance Michelle			