



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

January Group Exercise Schedule

Guiderland YMCA

Aerobics Studio						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Tabata 05:30-06:15am Amy		Urban Adventure 05:30-06:30am Christine			
		Yoga 06:00-07:00am Deanna		Pilates Mat 06:15-07:15am Judy		
	Zumba Gold 07:55-08:25am Anne		Zumba Gold 07:55-08:25am Anne			
Body Sculpt 08:30-09:25am Stacey	Chair Yoga 08:30-09:30am Deanna	Stretch & Tone 08:30-08:45am Marilyn	Chair Yoga 08:30-09:30am Deanna	15 Minute Abs 08:30-08:45am Marilyn		Will Power & Grace 08:00-09:00am Carissa
		Body Sculpting 08:50-09:50am Yvette		Body Sculpting 08:50-09:50am Yvette		
Intermediate Step 09:30-10:25am Chris	Turbo Kick 09:30-10:30am Nina		Urban Adventure 09:30-10:30am Christine		Tabata 09:30-10:30am Christine	Cardio Kickboxing 09:10-10:10am Shannon/Nina
Pilates 10:30-11:30am Colleen	Zumba Gold 10:45-11:30am Maureen	Zumba 10:00-11:00am Maureen	Yoga 10:45-11:45am Dagny	Zumba 10:00-11:00am Yvette	Forever Fit 10:45-11:45am Suzanne	Zumba 10:15-11:15am Danielle
	Beginner Pilates Mat 11:30-12:00pm Maureen	Pilates 11:15-12:15pm Colleen		Pilates/Yoga Fusion 11:15-12:15pm Cheryl	Balance 11:50-12:20pm Suzanne W.	Athletic Yoga 11:30-12:30am Sarah
	Nia 12:30-01:30pm Pat	Forever Fit 12:20-01:00pm Suzanne	Nia 12:30-01:30pm Pat	Chair Yoga 12:30-01:30pm	Nia 12:30-01:30pm Pat	
		Tai Chi for Arthritis 01:00-01:30pm Suzanne				
		Zumba 04:30-05:25pm Paula			Turbo Kick 04:30-05:00pm Amy	
	Zumba 05:30-06:25pm Rene	Body Sculpting 05:30-06:25pm Stacey	Zumba 05:30-06:25pm Lesley	Body Sculpting 05:30-06:25pm Shannon	Body Sculpting 05:00-05:30pm Amy	
					Yoga 05:30-06:30pm Dagny	
	F.I.T. Camp 06:30-07:25pm Scott	Yoga 06:30-07:30pm Linda	Turbo Kick 06:30-07:25pm Diane	Cardio Kickboxing 06:30-07:25pm Diane	Zumba 06:45-07:45pm Cari	
	Pilates Mat 07:35-08:30pm Penny		Will Power & Grace 07:30-08:25pm Carissa	Pilates/Yoga Fusion 07:30-08:30pm Penny		



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Multipurpose Room						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Fitness Hooping 06:45-07:30pm		Beginner Yoga 06:45-07:45pm Penny			

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