



Northeast Family Branch YMCA

FITNESS STUDIO SCHEDULE

Winter Session – January 1 – February 25, 2012

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00 – 6:45 am Group Cycling Carol	6:00 – 7:00 am Body Conditioning Laura	6:00 – 6:45 am Group Cycling Carol	6:00 – 7:00 am Body Conditioning Laura	6:00 – 6:45 am Group Cycling Judy	
						7:15 – 8:15 am Group Cycling Cathy
	8:15 – 9:00 am Core and More Sarah	8:55 – 9:30 am Group Cycling Alison	8:15 – 9:00 am Core and More Sarah	8:55 – 9:30 am Group Cycling Alison	8:15 – 9:00 am Core and More Sarah	8:15 – 9:15 am Body Conditioning Brian
	9:00 – 9:30 am Flow Yoga Sarah	9:35 – 9:45 am Stretching Alison	9:00 – 9:30 am Flow Yoga Sarah	9:35 – 9:45 am Stretching Alison	9:00 – 9:30 am Flow Yoga Sarah	
	9:35 – 10:35 am Pilates Annette	9:45 – 10:00 am Amazing Abs Alison	9:35 – 10:35 am Pilates Annette	9:45 – 10:00 am Amazing Abs Alison	9:35 – 10:35 am Pilates Annette	
	12:00 – 1:00 pm Preschool Ballet/Tap Jody	11:00 – 12:00 Music and Movement Jody/Erin	12:00 – 1:00 pm Preschool Ballet/Tap Jody			
			2:30 – 3:30 pm Chair Tai Chi Brian			
	4:45 – 5:30 pm Group Cycling Andrea		4:45 – 5:30 pm Group Cycling Andrea		3:30 – 4:30 pm Preschool Ballet/Tap Jody	
	5:45 – 6:30 pm Pilates Sculpt Judy		5:45 – 6:30 pm Pilates Sculpt Judy		4:30 – 5:30 pm Youth Ballet/Tap Jody	
	5:45 – 6:30 pm Interval Cardio Brian @ Daemen College	5:30 – 6:15 pm Group Cycling Sue	5:45 – 6:30 pm Interval Cardio Brian @ Daemen College	5:30 – 6:15 pm Group Cycling Brian	5:45 – 6:30 pm Down To The Core Brian	
	6:30 – 7:15 pm Kids In Motion Jacob	6:30 – 7:30 pm Tai Chi 1 Brian	6:30 – 7:15 pm Kids In Motion Jacob	6:30 – 7:15 pm Pilates Brian	6:30 – 7:15 pm Easy Rider Cycling Brian	
	6:30 – 7:15 pm Body Conditioning Eileen @ Daemen College	7:30 – 9:00 pm Tai Chi 2 Brian	6:30 – 7:15 pm Body Conditioning Eileen @ Daemen College			
	7:15 – 8:00 pm Power Yoga Julie		7:15 – 8:00 pm Power Yoga Julie			

Schedule subject to change. For more information call 839-2543

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NOTE: Any time that (1/2) the gym is programmed, the other 1/2 is "open" gym unless specified.