



GLENS FALLS YMCA GROUP EXERCISE WINTER SESSION

January 7, 2008 – March 2, 2008

(More Fall classes being held in the Group Exercise Room)

Yellow-Beginner **Blue**-All **Red**-Advance **Teal**-Dance **Gray**-Karate

YOUTH & FAMILY ROOM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Cycling 5:30-6:15		Cycling 5:30-6:15		Cycling 5:30-6:15		
Cycling 6:30 – 7:15	Pilates 6:30 – 7:15	Cycling 6:30 – 7:15	Pilates 6:30 – 7:15	Cycling 6:30-7:15	Cycling 7:00-7:45 8:00-8:45	
Cycling 9:00-9:45	Cycling 9:00-9:45	Cycling 9:00-9:45	Cycling 9:00-9:45		Karate 9-1:00	
Yoga 10:30-11:30	Dance 10:45-12:15	Women's Self Defense 10:00-11:00	Tai Chi 10:30-11:30			
Cycling 4:00-4:45	Dance 4:00-6:30	Dance 3:45-6:15	Funtastic Kids 4-4:30 & 4:30-5:15			
Cycling 5:00-5:45			Cycling 5:30-6:15	Cycling 5:15-6:00	Women's Self Defense 1:00 – 2:00	
Dance 6:00-8:00	Karate 6:30-8:30	Cycling 6:30-7:15	Karate 6:30-8:30	Karate 6:30-8:30		
		Cycling 7:30-8:15				