



SARATOGA REGIONAL YMCA
SARATOGA SPRINGS BRANCH
BEGINNER SCHEDULE

FALL 2011

MONDAY			
TIME	CLASS	INSTRUCTOR	ROOM
8:00-8:30am	Intro to Cycle (1st Monday of each month)	Melissa	C
10:00-10:55am	Low Impact Aerobics	Nicole G.	AS
11:00-11:45am	SilverSneakers MSROM	Nicole G.	AS
5:15-5:30pm	Intro to Gravity (1st Monday of each month)	Lisa I.	BA
7:15-8:15pm	Yoga for Relaxation	Martina	MPR

THURSDAY			
TIME	CLASS	INSTRUCTOR	ROOM
7:45-8:55am	Yoga	Patricia	MPR
10:00-10:55am	Kalabash	Francelise	AS
11:00-11:45am	SilverSneakers Yoga Stretch	Dan	MPR

TUESDAY			
TIME	CLASS	INSTRUCTOR	ROOM
7:45-8:55am	Yoga	Patricia	MPR
10:00-10:45am	Run/Walk Group	Angel	L
10:00-10:55am	Kalabash	Francelise	AS
11:00-11:45am	SilverSneakers Yoga Stretch	Betsy	AS

FRIDAY			
TIME	CLASS	INSTRUCTOR	ROOM
9:00-9:45am	SilverSneakers Cardio Circuit	Dan	AS

WEDNESDAY			
TIME	CLASS	INSTRUCTOR	ROOM
9:00-9:50am	Tai Chi	Frank	AS
9:00-9:40am	Yoga Pose Building	Martina	MPR
11:00-11:45am	SilverSneakers MSROM	Domenica	AS
7:15-8:15pm	Yoga for Relaxation	Dan	MPR

SATURDAY			
TIME	CLASS	INSTRUCTOR	ROOM
8:00-9:00am	Beginners' Running Group	Amy	L
10:45-11:55am	Beginning Yoga	Patricia	MPR

Room Key

MPR - Multi-Purpose Room **G** - Gym **AS** - Aerobics Studio
L - Lobby **BA** - Blue Area (Track) **T** - Track

For class descriptions, please refer to Class Description packet.

For questions regarding the schedule, please contact Melissa McCreary at
melissa@saratogaregionalymca.org or 583-9622 ext 118.

Updated 8/242011