



**SARATOGA REGIONAL YMCA**  
**SARATOGA SPRINGS BRANCH**  
**GROUP FITNESS SCHEDULE**

**OCTOBER 2011**

<b>MONDAY</b>			
<b>TIME</b>	<b>CLASS (LEVEL)</b>	<b>INSTRUCTOR</b>	<b>ROOM</b>
6:00-6:55am	TurboKick	Sue	AS
6:00-6:55am	Ride-n-Core (II, III)	Andrea	C
8:00-8:25am	Intro to Cycle (I)**	Melissa	C
8:00-8:55am	Zumba (All)	Audrey	AS
8:30-9:25am	Cycle (All)	Melissa	C
9:00-9:55am	20/20/20 (All)	Nicole G.	AS
9:00-9:55am	Tribal Bellydance (All)	Sara	MPR
9:30-10:25am	Cycle (All)	Melissa	C
9:45-10:30am	Mommy Madness Aerobics (All)	Molly	Gym
10:00-10:55am	Low-Impact Aerobics (I)	Nicole G.	AS
10:45-11:15am	Mommy Madness Cycle (All)	Molly	C
11:00-11:45am	SilverSneakers MSROM (I)	Nicole G.	AS
12:15-12:45pm	Express Yoga (All)	Betsy	MPR
12:15-12:45pm	Express Cycle (All)	Nicole G.	C
5:00-5:25pm	Core Conditioning (II)	Sheri	AS
5:00-5:30pm	Intro to Gravity (I)**	Lisa I.	BA
5:30-6:00pm	GravityGroup (All)	Lisa I.	BA
5:30-6:25pm	Step (II)	Sheri	AS
6:00-7:00pm	Intermediate Running Group (II)	John	L
6:15-7:10pm	Cycle (All)	Lisa I.	C
6:30-7:25pm	Zen Sculpt (All)	Maria	AS
7:15-8:30 pm	Yoga for Relaxation (All)	Martina	MPR

<b>TUESDAY</b>			
<b>TIME</b>	<b>CLASS (LEVEL)</b>	<b>INSTRUCTOR</b>	<b>ROOM</b>
5:30-6:25am	Cycle (All)	Dan	C
6:00-6:30am	GravityGroup (All)	Lisa I.	BA
6:00-6:45am	Yogalates (All)	Sue	AS
6:30-7:00am	Gravity Abs (All)	Lisa I.	BA
7:45-9:00am	Yoga (All)	Patricia	MPR
9:00-9:55am	Body Sculpt (II,III)	Cathy	AS
9:30-10:25am	Cycle (All)	Aurora	C
10:00-10:30am	GravityGroup (All)	Cathy	BA
10:00-10:45am	Walk/Run Group (I)	Angel	L
10:00-10:55am	Kalabash (All)	Francelise	AS
10:30-11:25am	Mat Pilates (All)	Ivy	MPR
10:30-11:25am	Cycle (All)	Aurora	C
11:00-11:45am	SilverSneakers Yoga Stretch (I)	Betsy	AS
12:00-1:00pm	Yoga Flow (All)	Martina	MPR
12:15-12:45pm	Express Interval Training (II)	Melissa	AS
4:15-4:55pm	B.L.T (Buns, Legs, & Tummy) (All)	Liz	AS
5:00-5:30pm	Cardio Blast (All)	Marie	AS
5:30-6:25pm	Body Sculpt (All)	Marie	AS
5:30-6:25pm	Yoga Flow (All)	Maria	MPR
6:00-6:55pm	Cycle (II, III)	Jen G./John O.	C
6:30-7:30pm	Zumba (All)	Jennifer	AS
7:00-8:15pm	Tribal Bellydance (All)	Sara	MPR

<b>WEDNESDAY</b>			
<b>TIME</b>	<b>CLASS (LEVEL)</b>	<b>INSTRUCTOR</b>	<b>ROOM</b>
6:00-6:55am	Pilates (All)	Lisa I.	MPR
6:00-6:55am	Cycle (II, III)	Aurora	C
8:00-8:55am	Zumba (All)	Audrey	AS
9:00-9:55am	Tai Chi (All)	Frank	AS
9:00-9:40am	Yoga Pose Building (I)	Martina	MPR
9:30-10:25am	Cycle (All)	Angel	C
9:45-10:30am	Mommy Madness Aerobics (All)	Nicole	Gym
9:45-10:50am	Yoga (All)	Martina	MPR
10:00-10:55am	Cardio Kickbox (II,III)	Domenica	AS
10:45-11:15am	Mommy Madness Cycle (All)	Molly	C
11:00-11:45am	SilverSneakers MSROM (I)	Domenica	AS
12:15-12:45pm	Express Pilates (All)	Ivy	MPR
12:15-12:45pm	Express Cycle (All)	Domenica	C
4:00-4:45pm	Interval Sculpt (II)	Melissa	AS
5:00-5:25pm	Core Conditioning (All)	Lisa I.	AS
5:30-6:25pm	Cardio Kickbox (II,III)	Stacey	AS
6:00-6:55pm	Cycle (All)	Melissa	C
6:00-6:55pm	Pilates (All)	Maria	MPR
6:30-7:25pm	Body Sculpt (All)	Jen M.	AS
7:15-8:15pm	Yoga for Relaxation (All)	Dan	MPR

\*\*Intro classes will be offered only on the 1st Monday of the month\*\*

<b>Room Legend:</b>
BA - Blue Area (track)    C - Cycling Room
MPR - Multi-Purpose Room    AS - Aerobics Studio    L - Lobby

THURSDAY			
TIME	CLASS (LEVEL)	INSTRUCTOR	ROOM
5:30-6:25am	Cycle (All)	Dan	C
6:00-6:30am	GravityGroup (All)	Lisa I.	BA
6:00-6:55am	Ripped (All)	Andrea	AS
6:30-7:00am	Gravity Abs (All)	Lisa I.	BA
7:45-9:00am	Yoga (All)	Patricia	MPR
9:00-9:55am	Body Sculpt (II,III)	Angel	AS
9:30-10:25am	Psycho Cycle (II,III)	Melissa	C
9:30-10:40am	Yoga (II, III)	Bonnie	MPR
10:00-10:55am	Kalabash (All)	Francelise	AS
10:30-11:25am	Cycle (All)	Melissa	C
10:45-11:15am	GravityGroup (All)	Ivy	BA
11:00-11:45am	SilverSneakers Yoga Stretch (I)	Dan	MPR
11:00am-12:15pm	Tribal Bellydance (All)	Sara	AS
12:15-12:45pm	Express Interval Training (II)	Tiffany	MPR
5:00-5:30pm	Reduce Your Assets (All)	Lisa I.	AS
5:30-6:00pm	GravityGroup (All)	Lisa I.	BA
5:30-6:25pm	Circuit Interval Training (II)	Molly	AS
5:35-6:35pm	Yoga (All)	Betsy	MPR
6:00-6:55pm	Sculpt Cycle (II, III)	Nicole R.	C
7:00-7:30pm	Express Cycle (All)	Nicole R.	C

FRIDAY			
TIME	CLASS (LEVEL)	INSTRUCTOR	ROOM
6:00-6:30am	GravityGroup (All)	Sue	BA
6:00-6:55am	Cycle (All)	Laura	C
6:30-7:00am	Core Conditioning (All)	Andrea	AS
8:00-8:55am	Intermediate Tai Chi (II)	Frank	AS
8:30-9:25am	Cycle (All)	Melissa	C
9:00-9:45am	Silver Sneakers CardioCircuit (I)	Dan	AS
9:30-10:25am	Cycle (All)	Aurora/Molly	C
9:30-10:30 am	Vinyasa Yoga (II, III)	Martina	MPR
10:00-10:25am	Express Plyometrics (II)	Sheri	AS
10:00-10:45am	Mommy Madness Aerobics (All)	Nicole G.	Gym
10:30-11:25am	Body Sculpt (All)	Sheri	AS
11:00-11:30am	Mommy Madness Cycle (All)	Nicole G.	C
12:15-1:15pm	Yoga (All)	Martina	MPR
6:00-6:55pm	Zumba (All)	Maria	AS

CLASS LEVELS
I = Beginner Level (Low Impact and Low Intensity)
II = Intermediate Level (Moderate Intensity)
III = Advanced Level (High Intensity)
All = Modifications allow for all levels to participate

SATURDAY			
TIME	CLASS (LEVEL)	INSTRUCTOR	ROOM
8:00-8:55am	Zen Sculpt (All)	Maria	AS
8:00-8:55am	Cycle (All)	Dan	C
8:00-9:00am	Beginners' Running Group (I)	Amy	L
8:30-10:00am	Intermediate Yoga (II, III)	Susan	MPR
9:00-9:55am	Step (All)	Molly/Marie	AS
10:00-10:55am	Zumba (All)	Jennifer	AS
10:45-11:55am	Beginning Yoga (I)	Patricia	MPR

On **Saturday, October 29th** classes held in the AS and Cycle room will not be held. We are hosting the Karen & Gary Dake Foundation for Children's Stationary Bike Race that morning. For more information on how you can participate, visit <http://www.dakefoundation.org/news.asp>.

SUNDAY			
TIME	CLASS (LEVEL)	INSTRUCTOR	ROOM
8:00-8:55am	Cycle (All)	John	C
9:00-9:55am	Bootcamp Conditioning (II)	Jen B.	AS
9:30-10:00am	GravityGroup (All)	Lisa I.	BA
10:00-10:55am	Zumba (All)	Jennifer	AS

For information on Group Fitness classes, contact Melissa McCreary at [melissa@saratogaregionalmca.org](mailto:melissa@saratogaregionalmca.org) or 583-9622 ext 118.

Participants must sign up for all **Cycling** and **Gravity** classes. Sign ups begin 30 minutes prior to class at the Fitness Desk.