



FOR YOUTH DEVELOPMENT
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

Group

1/1/2012

Exercise

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Group Cycle 5:45-6:45 am	Group Cycle 5:45-6:45 am	Boot Camp 5:00-5:40 am	Group Cycle 5:45-6:45 am	Group Cycle 5:45-6:45 am	Group Cycle 7:30-8:20 am	
		Yoga/Pilates 5:45-6:45 am		Group Cycle 9:00-10:00 am	Pilates 8:30-9:00 am	Group Cycle 8:00-9:00 am
groove 9:00-10:00 am	Yoga 9:00-10:15 am	Group Cycle 9:00-10:00 am	Yoga 9:00-10:15 am	Yoga Flow 10:15-11:30am	Step 9:05-10:05am	Group Cycle Challenge 9:15-10:15am
*YOGA 11:30-12:45pm	Living Fit 10:30-11:15am	groove 10:15-11:15am	Living Fit 10:30-11:15am		Saturday Special! 10:15-11:15 1st Sat: Groove 2nd Sat: Boot Camp 3rd Sat: Groove 4th Sat: Yoga	
Pilates 12:00-12:45 pm	Group Cycle 12:00-1:00 pm	Pilates 12:00-12:45 pm	Group Cycle 12:00-1:00 pm	Group Cycle 12:00-1:00 pm		
			Yoga 12:00-1:15 pm			
	Yoga 1:15-2:30 pm	Group Cycle 2:45-3:45 pm				
Step 4:00-5:00 pm	Boot Camp 4:00-5:00	Group Cycle 4:00-5:00 pm	Pilates 4:00-4:30 pm	Group Cycle 4:00-5:00 pm		
	Yoga 4:00-5:15 pm		Step 4:30-5:00 pm			
Group Cycle 5:15-6:15 pm	Pilates 5:15-5:45 pm	Group Cycle 5:15-6:15 pm	groove 5:15-6:15 pm			
	Step 5:45-6:15 pm					
	Yoga 6:00-7:15 pm		Yoga 6:00-7:15 pm			
Group Cycle 6:30-7:30 pm	Group Cycle 6:30-7:30 pm	Boot Camp 6:30-7:30 pm	Group Cycle 6:30-7:30 pm			

Class descriptions are on reverse side.

WWW.ALYMCA.ORG