



PHASE 3 FITNESS SCHEDULE

Schedule starting 3/1/21

GROUP FITNESS—All classes in the Y Gym

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:00AM-10:00AM	MORNING FITNESS (Patti)		MORNING FITNESS (Henry)		MORNING FITNESS (Patti)	
10:00AM-10:45AM						
9:30AM-10:30AM						YOGA (Maria)
10:00AM-11:00AM		YOGA (Maria)		YOGA (Maria)		
12:00PM-1:00PM	GROUP CYCLING (Gary)		GROUP CYCLING (Gary)		GROUP CYCLING (Gary)	
4:30PM-5:15PM	STRENGTH TRAIN TOGETHER (Krista)	GROUP CYCLING (Krista)	STRENGTH TRAIN TOGETHER (Krista)	PILATES (Krista)		
5:30PM-6:30PM	ZUMBA STRONG (Henry)	STEP & TONE (Henry)	ZUMBA (Mina)	STEP & TONE (Henry)		

*Must call up to a week ahead to reserve a spot in a class *Call 518-561-4290 to reserve a spot in a class

VIRTUAL CLASSES ONLINE

Monday	Tuesday	Wednesday	Thursday	Friday
K-FIT		Circuit WT Training		K-FIT

*Virtual class videos will be posted on YouTube by the next day.