



Albany YMCA

April 25th - May 1st

921 Kains Avenue
Albany, CA 94706
(510) 525-1130

	THU 25	FRI 26	SAT 27	SUN 28	MON 29	TUE 30	WED 1
7am		H.I.I.T. Main Studio Mary Vargas 7am - 7:45am					
		TRX Main Studio Jenny Little 7:50am - 8:35am					
8am	TRX Main Studio Jenny Little 8am - 8:45am	Nia Main Studio Nila Rosen 8:45am - 9:45am	Cardio Dance Main Studio Cato Thornton 8:15am - 9:15am	Zumba® Main Studio Amy Shipow 8:30am - 9:30am	Step Main Studio Chrissy Bourgeois 8:45am - 9:45am	TRX Main Studio Jenny Little 8am - 8:45am	Body Conditioning Main Studio Mary D'Elia 8:45am - 9:30am
9am	Core Strength Main Studio Jenny Little 9am - 9:45am		Step Main Studio Chrissy Bourgeois 9:30am - 10:30am	Step Main Studio Chrissy Bourgeois 9:45am - 10:45am		Core Strength Main Studio Jenny Little 9am - 9:45am	
10am	Cardio Fit Main Studio Chrissy Bourgeois 10am - 10:45am	Barbell Strength Main Studio Jenny Little 10am - 10:45am	Yoga Main Studio Flora McMartin 10:45am - 12pm		Strength Main Studio Chrissy Bourgeois 10am - 10:45am	TRX Main Studio Anke Benk 10am - 10:45am	Barbell Strength Main Studio Jenny Little 10am - 10:45am
11am	Senior Strength Main Studio Anke Benk 11am - 11:45am	Cardio Dance Main Studio Cato Thornton 11am - 12pm		Yoga Main Studio Bronwyn Hughes 11am - 12:15pm	Senior Fitness Main Studio Mary D'Elia 11am - 11:45am	Senior Strength Main Studio Mary D'Elia 11am - 11:45am	Senior Fitness Main Studio Mary D'Elia 11am - 11:45am
12pm	Barre Main Studio Cynthia Barlow 12pm - 1pm	Pilates Mat Main Studio Starr Emana 12:15pm - 1:15pm			Pilates Mat Main Studio Starr Emana 12:15pm - 1:15pm	Barre Main Studio Cynthia Barlow 12pm - 1pm	
1pm	Chair Fitness Main Studio Anke Benk 1:15pm - 2pm		Pickleball: Open Court @ALB Main Studio Staff 1pm - 3:30pm	Pickleball: Open Court @ALB Main Studio Staff 1pm - 3:30pm	Essential Pilates Main Studio Starr Emana 1:30pm - 2:15pm	Chair Fitness Main Studio Anke Benk 1:15pm - 2pm	
2pm		Yoga Main Studio Scotty McCaulley 2pm - 3:30pm			Yoga Main Studio Bronwyn Hughes 2:30pm - 3:45pm		Gentle Yoga Main Studio Flora McMartin 2pm - 3:15pm
4pm		Pickleball: Open Court @ALB Main Studio Staff 4:30pm - 6:30pm					Foam Roll Relief Main Studio Casey Blackburn 4:30pm - 5:15pm
5pm					Cardio and Strength Main Studio Chrissy Bourgeois 5:30pm - 6:30pm		Kickboxing Main Studio Chrissy Bourgeois 5:30pm - 6:30pm
6pm	Zumba® Main Studio Amy Shipow 6pm - 7pm					Zumba® Main Studio Waleska Herrera 6pm - 7pm	

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.