



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

General Info: 404-350-9292
Group Fitness Hotline 404-267-4838
Web: sby.ymcaatlanta.org

**May 2012
GROUP CYCLING**

Sun	Mon	Tue	Wed	Thu	Fri	Sat
E- Endurance<< I - Interval M -Mountain S - Strength TLC - << <<Coach Approach Friendly		1 AM 5:45-6:46 Lesley (E) 9:25-10:25Jennifer (S)	2 AM 5:45 -6:45 Elaine (M)	3 AM 5:45-6:45 Lesley (S) 10:30-11:45 Jennifer (I) PM 5:30-6:20 Tisha (E)	4 AM 5:45 -6:45 Marty (I) 8:15-9:15Jennifer (E)	5 AM 8:10-9:05 Marty (S)
<p>NOTICE</p> <p>Parent's Afternoon Out Sat May 12 3:00- 7:00 PM Registration re-quired.</p> <p>Mini Farmer's Market Tue May 1,15,29 1:00-7:00PM Invite your family and friends.</p> <p>COMMUNITY CPR TRAINING Sat May 19 11:30 -4:00PM Registration required</p> <p>TRX Suspension Training New Classes!!! Mon - Friday Registration required.</p> <p>CARDIO TENNIS Tue & Thu 7 AM Wed & Fri 8 AM Registration required.</p>	7 AM 5:45-7:00 Elaine (E) PM 12:30-1:00 TLC Cycle Laura 7:35-8:35 Linda (E)	8 AM 5:45-6:46 Lesley (I) 9:25-10:25Jennifer (M)	9 AM 5:45 -6:45 Elaine (I)	10 AM 5:45-6:45 Lesley (M) 10:30-11:45 Laura (S) PM 5:30-6:20 Tisha (I)	11 AM 5:45 -6:45 Elaine (S) 8:15-9:15 Jennifer (I)	12 AM 8:10-9:05 Jennifer (M)
	14 AM 5:45-7:00 Elaine (I) PM 12:30-1:00 TLC Cycle Laura 7:35-8:35 Linda (E)	15 AM 5:45-6:46 Lesley (M) 9:25-10:25 Jennifer (E)	16 AM 5:45 -6:45 Elaine (S)	17 AM 5:45-6:45 Lesley (E) 10:30-11:45 Jennifer (I) PM 5:30-6:20 Tisha (S)	18 AM 5:45 -6:45 Marty (M) 8:15-9:15 Jennifer (M)	19 AM 8:10-9:05 Laura (S)
	21 AM 5:45-7:00 Elaine (S) PM 12:30-1:00 TLC Cycle Laura 7:35-8:35 Linda (E)	22 AM 5:45-6:46 Deb (S) 9:25-10:25 Jennifer (I)	23 AM 5:45 -6:45 Elaine (M)	24 AM 5:45-6:45 Lesley (I) 10:30-11:45 Laura (M) PM 5:30-6:20 Tisha (E)	25 AM 5:45 -6:45 Marty (E) 8:15-9:15 Jennifer (E)	26 AM 8:10-9:05 Elaine (I)
	28 Memorial Day Our hours are 8-6pm. Class schedule will be abbreviated. See Bulletin.	29 AM 5:45-6:46 Deb (E) 9:25-10:25 Jennifer (S)	30 AM 5:45 -6:45 Elaine (I)	31 AM 5:45-6:45 Lesley (S) 10:30-11:45 Jennifer (E) PM 5:30-6:20 Tisha (I)		