

YGROUP EXERCISE™

We build strong kids, strong families, strong communities.

Carl E. Sanders/Buckhead Family YMCA

404-350-9292

404-267-4838 Group Fitness Hotline

sby.ymcaatlanta.org

NOV
GROUP CYCLING

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 M—Mountain S—Strength E—Endurance ★ I—Interval ★Coach Approach	2 AM 5:45-7:00 Terri (E) PM 7:35-8:35 Bruni (E)	3 AM 5:45-6:46 Sam (M) 9:25-10:25 Jennifer (S)	4 AM 5:45 –6:45 Elaine (I)	5 AM 5:45-6:45 Marty (S) 10:30-11:45 Jennifer(I) PM 5:30-6:20 Tisha (E)	6 A 5:45 –6:45 Elaine (E) 8:15-9:15 Jennifer (E)	7 AM 8:10-9:05 Tisha (S)
8	9 AM 5:45-7:00 Terri (S) PM 7:35-8:35 Bruni (E)	10 AM 5:45-6:46 Sam (I) 9:25-10:25 Jennifer (Race Day)	11 AM 5:45 –6:45 Elaine (E)	12 AM 5:45-6:45 Marty (M) 10:30-11:45 Laura (S) PM 5:30-6:20 Tisha (I)	13 AM 5:45 –6:45 Elaine (I) 8:15-9:15 Jennifer (S)	14 AM 8:10-9:05 Elaine(I)
15	16 AM 5:45-7:00 Terri (E) PM 7:35-8:35 Bruni (E)	17 AM 5:45-6:46 Sam (S) 9:25-10:25 Jennifer (I)	18 AM 5:45 –6:45 Elaine (M)	19 AM 5:45-6:45 Marty (I) 10:30-11:45Jennifer(E) PM 5:30-6:20 Tisha (S)	20 AM 5:45 –6:45 Elaine (S) 8:15-9:15 Jennifer (I)	21 AM 8:10-9:05 Jennifer(S)
22	23 AM 5:45-7:00 Terri (I) PM 7:35-8:35 Bruni (E)	24 AM 5:45-6:46 Sam (E) 9:25-10:25 Jennifer (E)	25 AM 5:45 – 6:45 Elaine (S)	26 AM  We will be closed in observance of the holiday.	27 AM 8:15-9:45 Jennifer (S) TURKEY BLASTER	28 AM 8:10-9:05 Marty (M)
29	30 AM 5:45-7:00 Terri (S) PM 7:35-8:35 Bruni (E)					