


Sunday (AM)	Monday (AM)	Tuesday (AM)	Wednesday (AM)	Thursday (AM)	Friday (AM)	Saturday (AM)
Power Fit (G) 8:00 AM	Tabata (F1) 8:15AM *30min class	Group Biking (F2) 6:30 AM	Strength (F1) 8:15am *30min class Cardio Splash (P) 8:30 AM	HIIT (G) 5:15 AM Flow Yoga (F1) 6:30 AM	Vinyasa Yoga (F1) 6:30 AM	Full Body Conditioning (F1) 8:00 AM
Gears & Guns (F2) 8:30 AM	Interactive Yoga (F1) 6:30 AM	Deep Water (P) 7:00 AM	High Fitness (G) 9:00 AM	Group Biking (F2) 6:30 AM	Fitness Friday (F1) 8:00 AM	Group Biking (F2) 8:30 AM
Zumba (F1) 9:00 AM	Aqua Fit Fun (P) 8:30 AM	Pi-Yo Chi (P) 8:30 AM	Vinyasa Yoga (F1) 9:00 AM	Deep Water (P) 7:00 AM	Aqua Fit Fun (P) 8:30 AM	20/20/20 (F1) 9:00 AM
Cardio Splash (P) 9:00 AM	High Fitness (G) 9:00 AM	Total Body (G) 9:00 AM	Water Power Fitness (P) 9:30 AM	Zumba (F1) 8:00AM	Butts & Guts (F1) 9:00 AM	Zumba - 55 mins (F1) 10:05 AM
Fab Abs (F3) 9:15 AM	Barre (F1) 9:00 AM	Kick & Tone (F1) 9:15 AM	Group Biking (F2) 10:15 AM	Pi-Yo-Chi (P) 8:30 AM	Group Biking (F2) 9:15 AM	Iyengar-inspired Yoga (F1) 11:05 AM
Vinyasa Yoga (F1) 10:15 AM	Group Biking (F2) 9:15 AM	Age Right (G) 10:15 AM	Age Right (G) 10:15 AM	Nia (F1) 9:00 AM	Cardio Splash (P) 9:30 AM	
	Cardio Splash (P) 9:30 AM	Deep Water (P) 9:30 AM	Pilates (F1) 10:15 AM	Body Blast (G) 9:00 AM	Barre (F1) 10:15 AM	
	Fab Abs (G) 10:15 AM	Hatha Yoga (F1) 10:15 AM	Aqua Stretch (P) 10:45 AM	Deep Water (P) 9:30 AM	Aqua Stretch (P) 10:45 AM	
	Aqua Stretch (P) 10:45 AM	Healthy Joints (P) 10:45 AM	Gentle Chair Yoga (F1) 11:30 AM Gentle Chair Yoga (F1) 12:45 PM	Gentle Yoga (F1) 10:30 AM Age Right (G) 10:15 AM	Gentle Chair Yoga (F1) 11:30 AM Zumba Gold (G) 11:45 AM	
	Gentle Chair Yoga (F1) 11:30 AM			Healthy Joints (P) 10:45 AM Low Impact Aerobics (F1) 11:15 AM	Gentle Chair Yoga (F1) 12:45pm	
Sunday (PM)	Monday (PM)	Tuesday (PM)	Wednesday (PM)	Thursday (PM)	Friday (PM)	Saturday (PM)
	20/20/20 (F1) 5:30 PM	Hot Vinyasa Yoga (F3) 4:45 PM	Step & Tone (F1) 5:15 PM	Flow Yoga (F1) 5:15 PM	Full Body Conditioning (F1) 4:30 PM	
	Group Biking (F2) 5:30 PM	Zumba (F1) 5:00 PM	Group Biking (F2) 5:45 PM	Total Body Burnout (G) 5:15 PM		

	Hydro HIIT (P) 6:00 PM	Total Body (G) 5:40 PM	Power Fit (G) 6:00 PM	Hydro HIIT (P) 6:00 PM		
	Power Yoga (F1) 6:45 PM	Foundations Biking (F2) 5:30 PM	Balanced Yoga (F1) 6:10 PM	High Fitness (F1) 6:35 PM		
		Aqua: Fit Fun (P) 6:00 PM	Zumba (G) 7:05 PM			
		Hot Vinyasa Yoga (F1) 6:30 PM				
 Rudy A. Ciccotti Family Recreation Center	Online Group Class Schedule: www.ciccotticenter.org > Group Exercise Tab Sabrina Albritton Group Exercise Coordinator spontore@ciccotticenter.org	<u>Ciccotti Center Hours</u> Mon – Fri: 5:00 AM – 10:00 PM Sat & Sun: 7:00 AM – 7:00 PM	<u>Aquatic Center Hours</u> Mon – Fri: 5:15 AM – 8:00 PM Sat & Sun: 7:15 AM – 6:00 PM (Adults Only: Mon – Fri: 8:00 PM – 9:00 PM)	Class Location Codes: F1 = Group Exercise Studio – 1 st Floor F2 = Spin Studio – 1 st Floor F3 = Secondary Exercise Studio – 2 nd Floor G = Gymnasium Schedule subject to change. Please check online calendar or call 518-867-8920 Last Updated: 1/16/2019		

Rudy A. Ciccotti Center

Next Steps/Kids on the Move Group Session Schedule

Group Times are **Color Coordinated**

Kids on the Move: **Ages 7-11**, **Ages 12-15**

Fitness Center: 518-867-8920

Fax: 518-694-0704

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	8AM-9AM Brittany			8AM-9AM Cassandra		
		10AM-11AM Brittany			10AM-11AM Cass	10AM-11AM (Age 12-15) Sam
11AM-12PM John	11AM-12PM Chris			11AM-12PM Sam	11AM-12PM Chris	
	1PM-2PM Zach		1PM-2PM Zach			
		5PM-6PM (Age 12-15) Corey		5PM-6PM Sam	5PM-6PM (Age 7-11) Kyle	5PM-6PM Kyle
	6PM-7PM Sam 6PM-7PM (Age 7-11) Cassandra		6PM-7PM Cassandra 6PM-7PM (Age 7-11) David	6PM-7PM (Age 12-15) Sam		
		8PM-9PM Zach		8PM-9PM David		

Small Group

Mar 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
9:00 AM- Melissa 4PM-Sam 5PM- Sam (Lev 2)	8AM- David (Lev 2) 2PM- Kyle/Zach 7PM- Zach	9AM- Zach	7:30AM- Brittany(Lev 2) 2PM- Kyle/Zach 6:30PM- David	1 8AM- Cass 8AM- Chris	2 9AM- Sam	3
4 9:00 AM- Melissa 4PM-Sam 5PM- Sam (Lev 2)	5 8AM- David (Lev 2) 2PM- Kyle 7PM- Zach	6 9:00 AM- Zach	7 7:30AM- Brittany(Lev 2) 2PM- Kyle 6:30PM-David	8 8AM- Cass 8AM- Chris	9 9AM- Sam	10
11 9:00 AM- Melissa 4PM-Sam 5PM- Sam (Lev 2)	12 8AM- David (Lev 2) 2PM- Kyle 7PM- Zach	13 9:00 AM- Zach	14 7:30AM- Brittany(Lev 2) 2PM- Kyle 6:30 PM- David	15 8AM- Cass 8AM- Chris	16 9AM- Sam	17
18 9:00 AM- Melissa 4PM-Sam 5PM- Sam (Lev 2)	19 8AM- David (Lev 2) 2PM- Kyle 7PM- Zach	20 9:00 AM- Zach	21 7:30AM- Brittany(Lev 2) 2PM-Kyle 6:30 PM- David	22 8AM- Cass 8AM- Chris	23 9AM- Sam	24
25 9:00 AM- Melissa 4PM-Sam 5PM- Sam (Lev 2)	26 8AM- David (Lev 2) 2PM- Kyle 7PM- Zach	27 9:00 AM- Zach	28 7:30AM- Brittany(Lev 2) 2PM-Kyle 6:30 PM- David	8AM- Cass 8AM- Chris		