

Next Steps

Group Session Schedule

Group Times are **Color Coordinated**

Fitness Center: 518-867-8920

Fax: 518-694-0704

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8am-9am Robert		8am-9am Sami	8am-9am Cassandra		
	10am-11am David			10am-11am Cassandra	
11am-12pm Robert			11am-12pm Jennifer	11am-12pm Sami	
1pm-2pm Zach		1pm-2pm Zach			
			5pm-6pm Jennifer		5pm-6pm Jennifer
6pm-7pm David		6pm-7pm Jennifer			
	8pm-9pm Robert		8pm-9pm David		



Rudy A. Ciccotti Family
Recreation Center