



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

**LEE BRANCH YMCA** | Group Exercise Schedule  
316 Robert E. Lee Drive, Leesburg, GA 31763  
229.759.9770 | [www.albanyareaymca.org](http://www.albanyareaymca.org)

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-9:45 AM	SilverSneakers® Classic Chele	Stability Donnette	Chair Yoga Tami	SilverSneakers® Classic Kathy	SilverSneakers® Classic Kathy	Circuit Express Fit Coach
4:00-4:45 PM		Spin® Donnette				
4:15-5:00 PM	Boot Camp Tobi @ LCHS		Boot Camp Chele/Dan Outside @ Lee Y			
4:30-5:00 PM				Pilates Samantha		
5:00-6:00 PM		Belle Barre Donnette		WERQ Samantha		
5:30-6:00 PM	Core Conditioning Anita		Core Conditioning Anita			
6:00-6:45 PM	Spin® Anita	COMING IN MARCH Boot Camp 6:00-7:00 PM	Spin® Anita	COMING IN MARCH Boot Camp 6:00-7:00 PM		