




FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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

**February 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 -6:45 Elaine (S)	2 AM 5:45-6:45 Marty (I) 10:30-11:45 Jennifer (M) PM 5:30-6:20 Tisha (S)	3 AM 5:45 -6:45 Marty(M) 8:15-9:15 Jennifer (S)	4 AM 8:10-9:05 Marty (S)
NOTICE Parent's Night Out Sat Feb 11 5:00- 9:00 PM Registration re- quired. Mini Farmer's Market Tue Feb 21 1:00-7:00PM Invite your family and friends. COMMUNITY CPR TRAINING Sat Feb 18 11:30 -4:00PM Registration required TRX Suspension Training New Classes!!! Mon - Friday Registration required. CARDIO TENNIS Tue & Thu 7 AM Wed & Fri 8 AM Registration required.	6 AM 5:45-7:00 Elaine (I) PM 12:30-1:00 TLC Cycle Laura 7:35-8:35 Linda (E)	7 AM 5:45-6:46 Deb (S) 9:25-10:25 Jennifer (S)	8 AM 5:45 -6:45 Elaine (M)	9 AM 5:45-6:45 Elaine (E) 10:30-11:45 Laura (I) PM 5:30-6:20 Tisha (E)	10 AM 5:45 -6:45 Elaine(S) 8:15-9:15 Jennifer (I)	11 AM 8:10-9:05 Tisha (I)
	13 AM 5:45-7:00 Elaine (S) PM 12:30-1:00 TLC Cycle Laura	14 AM 5:45-6:46 Deb (I) 9:25-10:25 Jennifer (I) 	15 AM 5:45 -6:45 Elaine (E)	16 AM 5:45-6:45 Marty (M) 10:30-11:45 Jennifer (E) PM 5:30-6:20 Tisha (I)	17 AM 5:45 -6:45 Marty (I) 8:15-9:15 Jennifer (S)	18 AM 8:10-9:05 Jennifer (M)
	20 AM 5:45-7:00 Elaine (M) PM 12:30-1:00 TLC Cycle Laura	21 AM 5:45-6:46 Deb (S) 9:25-10:25 Jennifer (S)	22 AM 5:45 -6:45 Elaine (I)	23 AM 5:45-6:45 Marty (S) 10:30-11:45 Laura (S) PM 5:30-6:20 Tisha (S)	24 AM 5:45 -6:45 Elaine(E) 8:15-9:15 Jennifer (E)	25 AM 8:10-9:05 Elaine (I)
	27 AM 5:45-7:00 Elaine (E) PM 12:30-1:00 TLC Cycle Laura 7:35-8:35 Linda (E)	28 AM 5:45-6:46 Deb (E) 9:25-10:25 Jennifer (E)	29 AM 5:45 -6:45 Elaine (S)			