

NPTU BALLSTON SPA

2 APRIL - 30 JUNE 2018 AT THE FITNESS CENTER

GROUP EXERCISE SCHEDULE

MONDAY

0800 - 0900 Strength
1230 - 1330 Cardio
1600 - 1700 Circuit

TUESDAY

0800 - 0900 Cardio
1230 - 1330 Circuit
1600 - 1700 ACFL Led

WEDNESDAY

0800 - 0900 Circuit
1230 - 1330 Strength
1600 - 1700 Cardio

THURSDAY

0800 - 0900 Strength
1230 - 1330 Cardio
1600 - 1700 ACFL Led

FRIDAY

0800 - 0900 Cardio
1230 - 1330 Circuit
1600 - 1700 ACFL Led Mock PRT

GROUP EXERCISE CLASSES WILL BE
HELD IN GROUP EXERCISE ROOM.

STRENGTH CHALLENGE
AEROBIC CHALLENGE • SPECIAL EVENTS

518-884-1581

