

GROUP EXERCISE: WINTER 2012 WEST SEATTLE SITE

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday	
LAND CLASSES – Fitness Class Room											
Strength & Cond. 5:40 – 6:00 am (Carol)		☉ Abs & Back 9:00 – 9:30 am (Therese)		Strength & Cond. 5:40 – 6:00 am (Carol)				Strength & Cond. 5:40 – 6:00 am (Stacia)			
Step 6:00 – 6:40 am (Carol)		☉ Step Interval 9:30 – 10:30 am (Karyn)		Step 6:00 – 6:40 am (Carol)		☉ Step Interval 8:30 – 9:30 am (Eli)		Step 6:00 – 6:40 am (Stacia)			
AOA Gym 8:00 – 9:00 am (Janet)		☉ Abs & Back Racquetball Court 10:00 – 10:30 am (Celesta)		AOA 7:55 – 8:55 am (Carol)		☉ Outdoor Boot Camp 9:30 – 10:30 am (Karyn)		Cardio Salsa Gym 8:00 – 8:45 am (Tish)		Step 7:45 – 8:45 am (Carol/Petrina)	
☉ Step 8:30 – 9:30 am (Edie)		☉ Strength & Cond. 10:30 – 11:30 am (Amy)		☉ NIA 9:00 – 10:00 am (Susan)		☉ Abs & Back Racquetball Court 10:00 – 10:30 am (Celesta)		☉ Strength & Cond. 9:00 – 9:30 am (Eli)		☉ Aerobic Dance 8:55 – 9:55 am (Suzanne/Amy)	
☉ Aerobic Dance 9:45 – 10:45 am (Paula)		SilverSneakers® 1:30 – 2:30 pm (Lela)		☉ Run/Walk Group 9:15 am Lobby (Eli)		☉ Strength & Cond. 10:30 – 11:30 am (Amy)		☉ Step Interval 9:30 – 10:30 am (Karyn)		☉ Zumba ® 11:15 – 12:15 pm (Olivia/Kam)	
☉ SilverSneakers® 10:45 – 11:45 am (Lela)				☉ SilverSneakers® 10:30 – 11:30 am (Barb)		SilverSneakers® 1:30 – 2:30 pm (Lela)				Suitable for Families	
☉ Strength & Cond. 4:30–5:15 pm (Kacie)		☉ Step 4:30 –5:30 pm (Catherine)		☉ Strength & Cond. 5:00–5:30 pm (Eli)		☉ Step 4:30 –5:30 pm (Catherine)				Sunday	
☉ Zumba ® 5:30 – 6:30 pm (Reema)		☉ Strength & Cond. 5:35 – 5:55 pm (Catherine)		☉ Step Interval 5:30–6:30 pm (Eli)		☉ Abs & Back 5:30 – 6:00 pm (Dennis)		☉ Zumba® 5:00–6:00 pm (Lucia)		Zumba ® 4:00–5:00 p.m. (Kam)	
☉ Freestyle Aerobics 6:30 – 7:30 pm Gym (Eric)		☉ Kickboxing 6:00 – 6:45 pm (Marie)		☉ Freestyle Aerobics 6:30 – 7:30 pm (Eric)		☉ Zumba® 6:00 – 7:00 pm (Reema)		☉ Freestyle Aerobics 6:15 – 7:15 pm (Eric)			
*GROUP CYCLE CLASSES – YMCA Cycling Studio(Pickup class card at Service Center no sooner than 30 minutes prior to class start time.)											
Group Cycle 8:00 – 8:45 am (Helen)		Group Cycle 8:00–9:00 am (Lori)				Group Cycle 7:45 – 8:45 am (Antoinette)				Saturday	
☉ Group Cycle 9:15–10:15 am (Eli)		☉ Group Cycle 9:10– 9:55 am (Celesta)		☉ Group Cycle 9:30 – 10:30 am (Lori)		☉ Group Cycle 9:00 – 9:45 am (Celesta)				☉ Group Cycle 9:30 – 10:30 am (Rotates)	
		☉ Group Cycle 5:15 – 6:15 pm (Eli)				☉ Group Cycle 5:15 – 6:15 pm (Eli)		☉ Group Cycle 9:30–10:30 am (Molly)			
						Easy Cycle 6:30–7:15 pm (Paula)					
WATER CLASSES– Pool											
		Combo Water 7:30 – 8:15 am (Amy/Dana)				Combo Water 7:30 – 8:15 am (Amy)				Saturday	
☉ Shallow Water 8:30–9:30 am (Dan)	☉ Deep Water 8:30–9:30 am (Sharon L)	☉ Shallow Water 8:15–9:00 am (Dan)	☉ Aqua Jog 8:15– 9:00 am (Amy)	☉ Shallow Water 8:30–9:30 am (Helen)	☉ Deep Water 8:30–9:30 am (Manya)	Shallow Water 8:15–9:00 am (Amy)	Aqua Jog 8:15–9:00 am (Sharon L)	☉ Combo Water 8:30 – 9:30 am (Rotates)	Combo Water 8:30 – 9:30 am (Rotates)		
		☉ Deep Water 9:00 – 9:45 am (Sue K)				☉ Deep Water 9:00 – 9:45 am (Manya/Dan)					
		☉ Arthritis Water 11:00 – 12:00 pm (Marlene)				☉ Arthritis Water 11:00 – 11:45 am (Marlene)				Sunday	
Arthritis Water 1:00 – 1:45 pm (Leslie)		Arthritis Water 1:00 – 1:45 pm (Ann A)		Arthritis Water 1:00 – 1:45 pm (Ann S)		Arthritis Water 1:00 – 1:45 pm (Ann A)		Arthritis Water 1:00 – 1:45 pm (Ann S)		Combo Water 6:30–7:30 pm (Leslie/Michelle)	
		Combo Water 7:35 – 8:30 pm (Donna/Manya)		Pre/Postnatal Water 7:05 – 7:50 pm (Melanie)		Combo Water 7:35 – 8:30 pm (rotates)					
YOGA, MAT PILATES, TAI CHI, KARATE – Fitness Class Room											
		Yoga 5:45–6:45 am (Tami)				Yoga 5:45–6:45 am (Tami)		Yoga 7:00 – 8:00 am (Janet)			
		Yoga 8:00 – 9:00 am (Sarah)				☉ Yoga 9:30 – 10:30 am (Karen)		☉ Tai Chi for Arthritis 10:30 – 11:30 am (Rita)		Saturday	
Yoga for EveryBody 1:30–2:30 pm (Jaki)		Mat Pilates 12:00–1:00 pm (Megan)		Yoga for EveryBody 1:00–2:00 pm (Judith)		Mat Pilates 12:00–1:00 pm (Megan)				☉ Yoga 10:00 – 11:00 am (Rotates)	
						Beginning Tai Chi 2:30–3:30 pm (Lela)				Sunday	
☉ Yoga 6:30–7:30 pm (Lesley)		☉ \$\$ Karate Gym 6:00 – 7:00 pm				☉ \$\$ Karate Gym 6:00 – 7:00 pm				Yoga 5:00 – 6:00 pm (Kay/Sarah)	
☉ Meditation 7:30–8:00 pm (Lesley)		☉ \$\$ Ad. Karate Gym 7:15 – 8:00 pm				Yoga 7:15 – 8:15 pm (Kay)					

GROUP EXERCISE

Programs Guide: WINTER 2012

FAUNTLEROY SITE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND CLASSES – Gym					
Step Interval 5:45-6:45am (Kacie)		Cardio Strength 5:45-6:45am (Mindy)			Cardio Kickboxing 8:15 – 9:15am (Kacie)
AOA 9:00 – 10:00 am (Rotates/Jenny)		AOA 9:00 – 10:00 am (Marlee/Jenny)		AOA 9:00 – 10:00 am (Marlee/Jenny)	
☺ Cardio Variety 10:00 – 10:30 am (Tish)	☺Zumba@ 10:15 – 11:00 am (Tish)	☺ Cardio Salsa 10:00 – 10:30 am (Tish)		NIA 10:00 – 11:00 am (Susan)	
☺ Strength & Cond. 10:30 – 11:00 am (Tish)		☺ Strength & Cond. 10:30 – 11:00 am (Tish)			
Ski Conditioning 6:00-7:00pm (Marie)	☺Zumba@ 6:30 – 7:30 pm (Tish)		☺Cardio Strength 6:30 – 7:30 pm (Kacie)		
Abs & Back 7:00 – 7:30 pm (Antje)					
*GROUP CYCLE CLASSES – Cycle Room (Pickup class card at front desk.)					
	Group Cycle 6:00 – 6:45 am (Laura)		Group Cycle 6:00 – 6:45am (Micole)	Group Cycle 6:00 – 7:00am (Laura)	Group Cycle 8:15 – 9:15am (Lisa)
Group Cycle 5:50-6:50pm (Lisa)		Group Cycle 6:00 – 7:00pm (Lisa)	☺ Group Cycle 6:00-7:00 pm (Laura)		
YOGA – Small Chapel MAT PILATES – Gym					
Yoga 7:45 – 8:45 am (Karen)	Mat Pilates 8:30 – 9:15am (Antje)	☺ Yoga 9:30 – 10:30 am (Karen)	Mat Pilates 8:30-9:15am (Carrie)	Yoga 7:45-8:45am (Karen)	
Yoga for EveryBody 9:00-10:00 am (Tracy)	☺ Mat Pilates 9:25 – 10:10am (Antje)	☺ Meditation 10:35 – 11:05 am (Karen)	☺ Mat Pilates 9:25 – 10:10am (Carrie)		
Yoga 5:45 – 6:45 pm (Jaki)	☺Yoga 6:00 – 7:00 pm (Ozias)	Yoga 5:45 – 6:45 pm (Jaki)			

☺ Childcare available on a first come, first served basis.

Rev. 1/20/12

*Please arrive 10 minutes prior to Group Cycle class time for set-up.

For more information about our programs visit westseattleymca.org
 West Seattle 206-935-6000 Fauntleroy 206-937-1000

West Seattle Fitness Schedule on other side.