

GROUP EXERCISE FALL '09

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
LAND CLASSES (Fitness Classroom)					
Step 5:45-6:45A (Carol)	Brain Dance 8-9A (Sheila)	Step/Bosu 5:45-6:45A (Carol)	⊙Step 8:30-9:30A (Eli)	Step 5:45-6:45A (Carol)	Step 7:45-8:45A (Rotates)
AOA Gym 8-9A (Lela)	⊙Abs & Back 9-9:30A (Therese)	Fluid Movement 8-9A (Sheila)	⊙Bootcamp 9:30A (Buntly)	Cardio Salsa Gym 8-8:45A (Tish)	⊙Aerobic Dance 8:55-9:55A (Rotates)
Step 8:00-9:00A (Edie)	⊙Step Interval 9:30-10:30A (Eli)	AOA Gym 8-9 A (Carol)	⊙Strength Cond. 11A-12P (Amy)	⊙ Abs& Back 9-9:30A (Eli)	\$\$\$Strong WomenII ⊙10-11A (Carol)
⊙Global Rhythms 9:45-10:45A (Allison)	⊙Strength Cond 11:15A-12:15P (Amy)	⊙Run/Walk Group 9:30A Lobby (Eli)		⊙Cardio Interval 9:30-10:30A (Eli)	
⊙SilverSneakers® 10:45-11:45A (Lela)	SilverSneakers® 1:30-2:30P (Lela)	⊙NIA 9-10A (Susan)	SilverSneakers® 1:30-2:30P (Lela)		
	\$\$Teen Fitness 3:30-4:30P	⊙SilverSneakers® 10:45-11:45A(Barb)	\$\$Teen Fitness 3:30-4:30P	⊙Freestyle Ex. 6:15-7:15P (Eric)	
⊙Zumba 5:30-6:30P (Reema)	⊙Step 4:30-5:30P (Catherine)		⊙Step 4:30-5:30P (Catherine)		
Freestyle Ex. Gym ⊙6:30-7:30P (Eric)	⊙Abs & Back 5:30-6P (Dennis)	⊙Step Interval 5:15-6:15P (Eli)	⊙ Abs & Back 5:30-6P (Dennis)		
	⊙Aerobic Dance 6-7P (Rotates)	⊙Freestyle Ex. 6:30-7:30P (Eric)	\$\$Karate ⊙6-7P Gym		
	\$\$⊙Gym Karate 6-7P	\$\$⊙Ad. Karate 7:15-8P	⊙Zumba 6-7P (Reema)		
*Get Class Card @ Service Desk					
CYCLE CLASSES (Loft A)					
Group Cycle 7:30-8:30A (Helen)	⊙Group Cycle 8-8:45A (Lori)	⊙Group Cycle 101 9:15-10A (Lori)	Group Cycle 8-8:45A (Antoinette)	⊙Group Cycle 10-10:45 A (Buntly)	⊙Group Cycle 9:30-10:15A (Rotates)
⊙Group Cycle 9-9:45A (Lori)	Group Cycle 9-9:45 A (Celeste)		⊙Group Cycle 9-9:45A (Celeste)		
⊙Group Cycle 10-10:45A (Buntly)	⊙Group Cycle 4:40-5:25P (Eli)				
⊙Group Cycle 101 6:45-7:15P (Reema)	⊙Group Cycle 5:30-6:30P (Eli)	⊙Group Cycle 6:30-7:15P (Rotate)	⊙Group Cycle 6:15-7:15P (Dennis)		
WATER CLASSES (Pool)					
⊙Deep Water 8:30-9:30A (Sharon)	Combo Water 7:30-8:15A (Amy/Dana)	⊙Deep Water 8:30-9:30A (Tara)	Combo Water 7:30-8:15A (J.)	Combo Water ⊙8:30-9:30A (Rotates)	ComboWater ⊙8:30-9:30A (Rotates)
⊙Shallow Water 8:30-9:30A (Sue C)	Aqua Jog 8:15-9A (Amy)	⊙Shallow Water 8:30-9:30A (Helen)	Deep Water 8:15-9A (Sheila)		
	Shallow Water 101 8:15-9A (Sue C.)		Shallow Water 8:15-9A (Amy)		
	⊙Deep Water 9-9:45A (Sue K.)		⊙Aqua Jog 9-9:45A (Sharon)		
	⊙Arthritis Water 11-11:45A (Marlene)		⊙Arthritis Water 11-11:45A (Marlene)		
Arthritis Water 1-1:45P (Ann A.)	Arthritis Water 1-1:45P (Ann A.)	Arthritis Water 1-1:45P (Ann S.)	Arthritis Water 1-1:45P (Ann A.)	Arthritis Water 1-1:45P (Ann S.)	
	Deep Water 7:30-8:30P (Michelle)	Prenatal Water 7:30-8:30P (Jill)	Combo Water 7:30-8:30P (Brenda)		
YOGA & PILATES CLASSES (Fitness Classroom)					
Senior Yoga 1:30-2:30P (Tracy)	Yoga 6-7A (Tami)	Senior Yoga 1:30-2:30P (Tracy)	Yoga 6-7A (Tami)	Yoga 7-8A (Tami)	Yoga ⊙10-10:55A(Cynthia)
⊙Mat Pilates 4:30-5:30P (Megan)	⊙Yoga 10:30-11:15A (Cynthia)	⊙Mat Pilates 4:30-5:15P (Megan)	⊙Yoga 9:30-10:30A (Denise)	⊙Tai Chi/Arth. 10:30-11:30A (Lela)	
⊙Yoga 6:30-7:30P (Denise)		Yoga 7:30 - 8:30P (Karen)	⊙Mat Pilates 10:30-11A (Amy/Celeste)		
Meditation 7:30-8 P(Denise)					Sunday
					Yoga 5-6P (Karen)

⊙Childcare available on a first come, first serve basis. \$\$Must register @ Member Services.
 Fauntleroy Site Schedule on other side. Inquire about Pilates Reformer classes @ Member Services.
 Schedule Starts Sept 6th.

Revised 9/3/09

WEST SEATTLE SITE



