

GROUP EXERCISE FALL '09

| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|---|---|---|---|---|--------------------------------------|
| LAND CLASSES | | | | | (Gym) |
| Step 5:30-6:15A (Jill) | | Step 5:30-6:15A (Jill) | | | Cardio&Strength 8-8:45A (Jill) |
| ☺AOA 9-10A (Tish) | | ☺AOA 9-10A (Jenny) | | ☺AOA 9-10A (Jenny) | |
| ☺Cardio Variety 10-11A (Tish) | | ☺Cardio Salsa 10:10-10:55A (Tish) | | ☺NIA 10-11A (Susan) | |
| | | | \$\$Karate 6-7P | | |
| ☺Indoor Bootcamp 6:25-6:55P (Colleen) | \$\$Karate 6-7P | | Step Intervals 6:30-7P | | |
| ☺Core Condition 7-7:30P (Antje) | \$\$Advanced Karate 7-8P | | Core Condition 7-7:30P (Ruth) | | |
| | | | \$\$AdvancedKarate 7-8P | | |
| CYCLE CLASSES | | | | | (Ballet Room) |
| | Group Cycle&Cond. 5:45-6:45A (Laura) | | Group Cycle 5:45-6:30A (Antje) | Group Cycle&Cond. 5:45-6:30A Antje/Lisa/Stephanie | |
| ☺Group Cycle 6-6:45P (Lisa) | | ☺ Group Cycle 6:00-7P (Lisa) | | | |
| (YOGA/TAI CHI-Small Chapel) | | PILATES & YOGA | | (PILATES-Gym) | |
| Yoga 7:45-8:45A (Karen) | Mat Pilates 8-8:30A (Antje) | ☺Yoga 9:30-10:30A (Denise) | Mat Pilates 8:30-9A (Jill) | Yoga 7:30-8:30A (Denise) | |
| | ☺Mat Pilates 9:45-10:45A (Antje) | ☺Meditation 10:35-11:05A (Denise) | ☺Mat Pilates 9:45-10:45A (Carrie) | Meditation 8:30-9A (Denise) | |
| | ☺TaiChi/Arthritis 10:30-11:30A (Lela) | | Prenatal Yoga 5:30-6:30 P (Karen/Katie) | | |
| ☺Yoga 5:45-6:45P (Jaki) | Mat Pilates 6:30-7:30P (Kirsten) | ☺Yoga 5:45-6:45P (Jaki) | Mat Pilates 7:30-8P (Ruth) | | |

☺Childcare available on a first come, first served basis. \$\$Must register @ Member Services.
West Seattle Site schedule on other side. Schedule starts Sept 6th.

Revised 8/24/09

FAUNTLEROY SITE

