

# GROUP EXERCISE

July 2006 - Downtown Seattle YMCA



YMCA  
OF GREATER SEATTLE

We build strong kids,  
strong families,  
strong communities.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Group Cycling (Betsy) MP3 6:30 - 7:30 am	Masters Swim (Leo) Pool 6:00-7:00 am	Group Cycling (Betsy) MP3 6:30 - 7:30 am	Masters Swim (Leo) Pool 6:00-7:00 am		
	Body Shop (Dean) MP2 6:30-7:30 am		Body Shop (Dean) MP2 6:30-7:30 am		
	International Senior Aerobics (Dean) MP2 8:30-9:30 am	Flow Yoga (Laura) MP1 6:30-7:45 am	International Senior Aerobics (Dean) MP2 8:30-9:30 am		
Yoga for Everyone (Bev) MP1 10:00 - 11:00	Water Fitness for Everyone (Gayle) Pool 9:30-10:30am	Yoga for Everyone (Bev) MP1 10:00 - 11:00	Water Fitness for Everyone (Gayle) Pool 9:30-10:30am	Pilates for Everyone (Beth) MP1 10:00-11:00am	Yoga (Daniel) MP1 10:30-12:00pm
Functional Strength for Everyone (Petrina) MP2 11:00-11:55 pm		Functional Strength for Everyone (Petrina) MP2 11:00-11:55 pm		Functional Strength for Everyone (Petrina) MP2 11:00-11:55 pm	
<b>Afternoon Classes</b>					
Aerobic Dance (Suzanne) MP1 11:30 - 12:30pm		Aerobic Dance (Suzanne) MP1 11:30 - 12:30pm		Pilates (Beth) MP1 11:30-12:30 pm	
Step Aerobics (Petrina) MP2 12:00-1:00 pm	Body Shop (Petrina) MP2 12:00-1:00 pm	Step Aerobics (Petrina) MP2 12:00-1:00 pm	Body Shop (Margaret) MP2 12:00-1:00 pm	Step Interval (Petrina) MP2 12:00-1:00 pm	
Group Cycling (Alexis) MP3 12:00-1:00 pm	Intermediate Yoga (Sam) MP1 11:30-12:30 pm	Group Cycling (Alexis) MP3 12:00-1:00 pm	Intermediate Yoga (Sam) MP1 11:30-12:30 pm	Yoga Bike (Louise) MP3 12:00-1:15 pm	
Hydro Power (Mari) Pool 12:00-1:00 pm	Hydro Power (Susan) Pool 12:00-1:00 pm	Hydro Power (Mari) Pool 12:00-1:00 pm	Hydro Power (Susan) Pool 12:00-1:00 pm	Hydro Power (Jan) Pool 12:00-1:00 pm	
Intermediate Yoga (Bev) MP1 12:30-1:30 pm	Intermediate Yoga (Sam) MP1 12:30-1:30 pm	Intermediate Yoga (Bev) MP1 12:30-1:30 pm	Intermediate Yoga (Sam) MP1 12:30-1:30 pm	Intermediate Yoga (Beth) MP1 12:30-1:30 pm	
Pilates (Beth) MP2 1:00-2:00 pm		Pilates (Beth) MP2 1:00-2:00 pm	BOSU (Petrina) MP2 1:00 - 2:00 pm		
<b>Evening Classes</b>					
Flow Yoga (Bev) MP1 5:15-6:30 pm		Beginning Yoga (Bev) MP1 6:00 7:15pm			
Yoga 101 (Bev) MP1 6:30 - 7:45					
Group Cycling (Andrea) MP3 5:15-6:00 pm	Hydro Power (Jan) Pool 5:30-6:30 pm	Group Cycling (Andrea) MP3 5:15-6:00 pm	Hydro Power (Jan) Pool 5:30-6:30 pm	Group Cycling (Betsy) MP3 5:15-6:00 pm	
Express Core Strength (Andrea) MP3 6:00-6:30 pm	Pilates (Beth) MP1 5:30-6:30 pm	Express Core Strength (Andrea) MP3 6:00-6:30 pm	Pilates (Beth) MP1 5:30-6:30 pm	Express Core Strength (Betsy) MP3 6:00-6:30 pm	
Karate (Tina, Emory) MP2 6:00 - 7:00pm	Pilates101 (Beth) MP2 6:30 - 7:30pm	Karate (Tina, Emory) MP2 6:00 - 7:00pm	Beg. Belly Dance (Yvonne) MP2 6:00-7:30 pm	Karate (Kyoshi) MP2 6:00-7:00 pm	
	Intermediate Yoga (Louise) MP1 6:30-7:30 pm				

SEE THE BACK FOR CLASS DESCRIPTIONS

Questions? Contact the Group Exercise Coordinator at (206) 223-1621