



A.M. Group Exercise Schedule

Effective January 1st, 2017–March 19th, 2017

**FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	5:30-6:30 Group Cycling (Bruce) CS	5:30-6:30 Body Shop & Core Strength (Bruce) MPR	5:30-6:15 Group Cycling (Lorie) CS	5:30-6:30 Cardio Flex (Michelle) MPR	5:30-6:30 Group Cycling (Bruce) CS	
6:00AM	6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool		6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool		6:00-7:00 Early Birds Workout Volunteer Led MPR/Gym/Pool	
6:30AM	6:30-8:00 Cardiac Wellness (Nancy RN & Cheri) FC/MPR		6:30-8:00 Cardiac Wellness (Nancy RN & Anne) FC/MPR	6:30-8:00 Cardiac Wellness (Cheri) FC/RR		
8:00AM	8:00-9:00 Aqua Fitness (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Susie) Lap Pool	8:00-9:00 Aqua Fitness (Susie) Lap Pool	
	8:00-9:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	8:00-9:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	
8:30AM						8:30-9:30 Sports Conditioning (Mark) Gym/Outside
9:00AM	9:00-10:00 Aqua Fitness (Susie) Lap Pool	9:00-10:00 Aqua Fitness (Susie) Lap Pool	9:00-10:15 Pilates (Cheri) RR	9:00-10:00 Aqua Fitness (Susie) Lap Pool	9:00-10:00 Vinyasa Flow Yoga (Jessica) RR	9:00-9:55 Cardio Strength (Rotating) MPR
	9:00-10:00 Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	9:00-10:00 Aqua Fitness (Susie) Lap Pool	9:00-10:00 Aerobics 5-1/2ft (Adrienne) Activity Pool	9:00-10:00 Aqua Fitness (Susie) Lap Pool	9:00-10:15 Radiant Health Yoga (Alisa) RR
			9:00-10:00 Arthritis and Injury (Vicky) Activity Pool		9:00-10:00 Arthritis and Injury (Vicky) Activity Pool	9:00-10:00 Aqua Fitness (Denise) Lap Pool
9:30AM	9:30-10:25 Cardio Strength (Teri) MPR	9:30-10:45 Interval Training (Teri) MPR	9:30-10:30 Zumba (Chrissy) MPR	9:30-10:30 STEP (Kerry) MPR	9:30-10:30 Cardio Strength (Teri) MPR	
		9:30-10:30 Group Cycling (Sarah) CS		9:30-10:30 Group Cycling (Val) CS		
		9:30-10:25 Alignment Based Yoga (Terry) RR		9:30-10:25 Restorative Yoga (Terry) RR		
10:00AM	10:00-11:00 HIIT plus Core** (Genevieve) Gym		10:00-11:00 Sports Conditioning (Mark) Gym		10:00-11:00 Arthritis and Injury (Vicky) Activity Pool	10:00-10:25 Core Strength (Rotating) MPR
	10:00-11:00 Vinyasa Flow Yoga (Jessica) RR		10:00-11:00 Arthritis and Injury (Vicky) Activity Pool			
	10:00-11:00 Arthritis and Injury (Vicky) Activity Pool					
10:30AM	10:30-10:55 Core Strength (Teri) MPR			10:30-10:45 Healthy Abs & Back (Kerry) MPR	10:30-10:55 Core Strength (Teri) MPR	10:30-11:30 Zumba (Carrie) MPR
					10:30-11:30 Active Older Adults Yoga (Genevieve) RR	10:30-11:15 Pre-Ballet Ages 3-4 (Deana) RR \$
11:00AM	11:00-11:55 Body Shop & Core (Cheri) MPR	11:00-11:55 Active Older Adults Cardio Circuit (Anne) MPR	11:00-11:55 Body Shop & Core (Angelique) MPR	11:00-11:55 Active Older Adults Cardio Circuit (Bre) MPR	11:00-12:00 Zumba (Chrissy) MPR	
	11:00-12:00 Sassy Seniors (Launie) Lap Pool	11:00-12:00 Tai Chi for Health (Susan) RR	11:00-12:00 Sassy Seniors (Launie) Lap Pool	11:00-12:00 Tai Chi for Health (Susan) RR	11:00-12:00 Sassy Seniors (Launie) Lap Pool	
11:15AM	11:15-11:45 Kids in Action Ages 2-5 (Michelle) RR		11:15-11:45 Kids in Action Ages 2-5 (Amy) RR			11:15-12:00 Ballet Ages 5-8 (Deana) RR \$

AUBURN VALLEY YMCA

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Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
12:00	12:00–12:55 Barre (Jessica) RR	12:00–1:00 Arthritis and Injury (Jacque) Activity Pool		12:00–1:00 Arthritis and Injury (Jacque) Activity Pool		12:00–2:00 Karate Training Participant Led	
12:10	12:10–1:00 Active Older Adults MSROM (Cheri) MPR	12:10–1:00 Active Older Adults MSROM (Anne) MPR		12:10–1:00 Active Older Adults MSROM (Bre) MPR			
12:30							12:30–1:30 Zumba (Ivonne) MPR
1:00	1:05–2:00 Active Older Adults Yoga (Chrissy) RR		1:00–2:00 Active Older Adults Yoga (Anne) RR				
3:00	3:00–4:00 Aerobics 5–1/2ft (Karen) Activity Pool	3:00–4:30 Space Reserved RR	3:00–4:00 Aerobics 5–1/2ft (Karen) Activity Pool	3:00–4:00 Aerobics 5–1/2ft (Karen) Activity Pool	3:00–4:00 Space Reserved RR		
4:30		4:30–5:25 Body Shop (Joy) MPR		4:30–5:25 Basic Zumba (Chrissy) MPR	4:30–5:30 Family Zumba (Jenni) MPR		
5:00	5:00–5:55 Zumba (Chrissy) MPR		5:00–5:55 STEP (Bre) MPR				
5:15	5:15–6:15 Mixed Level Yoga (Janet) RR		5:15–6:15 Mixed Level Yoga (Janet) RR				
5:30		5:30–6:25 Pilates (Bre) RR		5:30–6:25 Pilates (Bre) RR			
		5:30–6:30 Karate II (Greg) MPR \$		5:30–6:30 Karate II (Greg) MPR			
6:00	6:00–7:00 Cardio Strength (Kerry) MPR		6:00–7:00 Cardio Interval (Melody) MPR	6:00–6:45 Group Cycling (Tim) CS			
6:15	6:15–6:45 Family Yoga (Janet) RR		6:15–6:45 Family Yoga (Janet) RR				
6:30		6:30–7:30 Karate I (RJ) RR \$		6:30–7:30 Karate I (RJ) RR \$			
		6:30–7:30 Karate III (Greg) MPR \$		6:30–7:30 Karate III (Greg) MPR \$			
7:00	7:00–8:00 Zumba (Laurel/Ana) Gym	7:00–7:45 Group Cycling (Ana) CS	7:00–8:00 Zumba (Ana/Kanani) Gym		7:00–8:00 Zumba (Roxy/Angela) Gym		
	7:00–8:00 Kids Cardio Blast Ages 5–11 Sign in-AZ (MPR)		7:00–8:00 Kids Cardio Blast Ages 5–11 Sign in-AZ (MPR)				
	7:00–8:15 Hatha Flow Yoga (Terry) RR		7:00–8:00 Above the Barre (Vicky) RR				
	7:00–8:00 Water Aerobics (Denise) Lap Pool	7:00–8:00 Aerobics 5–1/2ft (Mary) Activity Pool	7:00–8:00 Water Aerobics (Denise) Lap Pool	7:00–8:00 Aerobics 5–1/2ft (Mary) Activity Pool			
7:30		7:30–8:20 Turbo Kick (Rebeca) MPR		7:30–8:20 Turbo Kick (Rebeca) MPR			

Bold Print=change to class
MPR= Multipurpose Room
RR= Reflection Room
THR= Total Health Room
CS=Cycling Studio
FC=Fitness Center
AZ= Adventure Zone
\$=Additional fee required
****New format to your YMCA**

We reserve the right to change the schedule without notice due to special events, training, maintenance or class needs.
As a courtesy to others, please arrive to classes on time. Members arriving more than 15 minutes late may be asked to leave by the class instructor.