



# West Seattle & Fautleroy YMCA | March 2nd - March 8th

All times are subject to change. Visit [seattleyymca.org/schedules](http://seattleyymca.org/schedules) for current activities and times.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Lap Swim Limited</b> West Seattle Y - Pool	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)  6:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)  6:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)  6:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:30 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)  6:30 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim)  11:00 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:30 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	8:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)
<b>Water Walking</b> West Seattle Y - Pool	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  7:00 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  7:00 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  7:00 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  7:00 p.m.-8:30 p.m. (Lap Swim & Water Walking - Swim)	5:30 a.m.-10:00 a.m. (Lap Swim & Water Walking - Swim)  11:00 a.m.-12:30 p.m. (Lap Swim & Water Walking - Swim)  3:00 p.m.-7:30 p.m. (Lap Swim & Water Walking - Swim)	7:00 a.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)	8:00 a.m.-8:25 a.m. (Lap Swim & Water Walking - Swim)  12:00 p.m.-1:30 p.m. (Lap Swim & Water Walking - Swim)  4:00 p.m.-4:30 p.m. (Lap Swim & Water Walking - Swim)
<b>Yoga - All Levels</b> Fautleroy Y Chapel	8:15 a.m.-9:00 a.m. (Mind Body)	9:30 a.m.-10:25 a.m. (Mind Body)		9:30 a.m.-10:25 a.m. (Mind Body)			
<b>Recreational Swim</b> West Seattle Y - Pool	3:30 p.m.-4:30 p.m. (Recreational & Community Swim)  7:00 p.m.-8:30 p.m. (Recreational & Community Swim)	3:30 p.m.-4:30 p.m. (Recreational & Community Swim)  7:00 p.m.-8:30 p.m. (Recreational & Community Swim)	3:30 p.m.-4:30 p.m. (Recreational & Community Swim)  7:00 p.m.-7:30 p.m. (Recreational & Community Swim)	3:30 p.m.-4:30 p.m. (Recreational & Community Swim)  7:00 p.m.-8:30 p.m. (Recreational & Community Swim)	3:30 p.m.-7:30 p.m. (Recreational & Community Swim)	12:00 p.m.-4:30 p.m. (Recreational & Community Swim)	12:00 p.m.-1:30 p.m. (Recreational & Community Swim)
<b>Women's Only Swim</b> West Seattle Y - Pool			7:30 p.m.-8:30 p.m. (Recreational & Community Swim)				
<b>AOA Strength</b> Fautleroy Welcome Center					9:00 a.m.-9:55 a.m. (Strength)		
<b>Above the Barre</b> Fautleroy Welcome Center					10:15 a.m.-11:10 a.m. (Mind Body)		



# University Family YMCA | March 2nd - March 8th

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AOA Cardio and Strength</b> University Y Pocock Room	8:15 a.m.-9:00 a.m. (Cardio)		8:15 a.m.-9:00 a.m. (Cardio)		8:15 a.m.-9:00 a.m. (Cardio)		
<b>Cardio Boxing</b> University Y Pocock Room	12:00 p.m.-1:00 p.m. (Cardio)		12:00 p.m.-1:00 p.m. (Cardio)		11:15 a.m.-12:15 p.m. (Cardio)		
<b>Step</b> University Y Pocock Room		9:00 a.m.-9:45 a.m. (Cardio)		9:00 a.m.-9:45 a.m. (Cardio)			
<b>Yoga - Gentle</b> University Y Pocock Room		10:00 a.m.-11:00 a.m. (Mind Body)			10:00 a.m.-11:00 a.m. (Mind Body)		
<b>AOA - Cardio Fitness</b> University Y Pocock Room		11:15 a.m.-12:15 p.m. (Cardio)		11:15 a.m.-12:15 p.m. (Cardio)			
<b>AOA - Chair Yoga</b> University Y Pocock Room		12:30 p.m.-1:15 p.m. (Mind Body)					
<b>Total Body Conditioning</b> University Y Pocock Room		5:00 p.m.-6:00 p.m. (Cardio)		5:00 p.m.-6:00 p.m. (Cardio)		9:00 a.m.-9:45 a.m. (Cardio)	
<b>Strength &amp; Conditioning</b> University Y Pocock Room			9:30 a.m.-10:30 a.m. (HIIT - Fitness)				
<b>Yoga - All Levels</b> University Y Pocock Room			10:45 a.m.-11:45 a.m. (Mind Body)	10:00 a.m.-11:00 a.m. (Mind Body)		10:00 a.m.-11:00 a.m. (Mind Body)	
<b>Tai Chi - Second Section</b> University Y Pocock Room					2:15 p.m.-3:15 p.m. (Mind Body)		
<b>Tai Chi - Third Section</b> University Y Pocock Room					3:30 p.m.-4:30 p.m. (Mind Body)		



## Downtown Seattle YMCA | March 2nd - March 8th

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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>AOA Bold and Balanced</b> Downtown Y Creative Movement Studio		10:30 a.m.-11:15 a.m. (Strength)		10:30 a.m.-11:15 a.m. (Strength)			
<b>Total Body Conditioning</b> Downtown Y 7th Floor		11:45 a.m.-12:30 p.m. (Cardio)		11:45 a.m.-12:30 p.m. (Cardio)			
<b>Zumba®</b> Downtown Y Creative Movement Studio		12:30 p.m.-1:30 p.m. (Dance - Fitness)  12:30 p.m.-1:30 p.m. (Dance - Fitness)	10:00 a.m.-11:00 a.m. (Dance - Fitness)  10:00 a.m.-11:00 a.m. (Dance - Fitness)			9:30 a.m.-10:30 a.m. (Dance - Fitness)  9:30 a.m.-10:30 a.m. (Dance - Fitness)	
<b>Les Mills BODYPUMP</b> Downtown Y Creative Movement Studio		5:45 p.m.-6:45 p.m. (Strength)		5:45 p.m.-6:45 p.m. (Strength)			