



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE DROP-IN SCHEDULE WEST SEATTLE YMCA - JANUARY 6 TO APRIL 16

Revised January 30, 2017

The classes listed on this West Seattle & Fauntleroy YMCA group exercise schedule are free to facility members on a drop-in, first come first served basis. Non-members may pay the daily facility fee or use a guest pass to attend.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:35 - 6:00am Stacia	Yoga - All Levels 5:45 - 6:45am Tami	Core Strength 5:35 - 6:00am Carol	Yoga - All Levels 5:45 - 6:45am Tami	Strength & Cond. 5:35 - 6:00am Carol	
Step 6:00 - 6:55am Stacia	Cycle - All Levels 8:15 - 9:00am Studio 4 Lori	Circuit Training Queenax 5:45 - 6:25am Studio 3 Jacq	TRX Queenax 5:45 - 6:30am Studio 3 Molly	Step 6:00 - 6:55am Carol	
Cycle - All Levels 8:00 - 8:45am Studio 4 Helen	☺ Zumba® 8:30 - 9:25am Maria	Step 6:00 - 7:00am Carol	☺ TRX Queenax 8:00 - 8:55am Studio 3 Celesta	Yoga - All Levels 7:00 - 8:00am Lesley	
AOA Strength 8:00 - 9:00am Studio 2 Lieschan	☺ Cycle - All Levels 9:15 - 10:00am Studio 4 Celesta	AOA Circuit 8:00 - 9:00am Carol	☺ Step 8:30 - 9:25am Eli	Cardio Salsa 8:00 - 8:45am Gym Tish	Step 7:45 - 8:45am Carol/Stacia
☺ Step 8:30 - 9:25am Edie	☺ Circuit Training Queenax 8:45 - 9:25am Studio 3 Jacq	☺ Pilates Queenax 8:30 - 9:30am Studio 3 Paula	☺ Cycle - All Levels 9:15 - 10:00am Studio 4 Celesta	☺ Strength & Cond. 8:45 - 9:25am Eli	☺ Dance Fitness 8:55 - 9:55am Amy/Suz/Allison
☺ Cycle - All Levels 9:15 - 10:15am Studio 4 Eli	☺ Step 9:30 - 10:25am Mia	Run/Walk Group 9:15am Lobby Eli	Outdoor Boot Camp 9:30 - 10:30am Karyn	☺ Step 9:30 - 10:25am Mia	☺ TRX Queenax 8:30 - 9:25am Studio 3 Jacq
☺ Above the Barre 9:30 - 10:30am Paula	☺ Core Strength 10:15 - 10:45am Studio 2 Celesta	☺ Bollywood Boot Camp 9:30 - 10:30am Allison	☺ Yoga - All Levels 9:30 - 10:25am Sarah T.	☺ Cycle - All Levels 9:30 - 10:30am Studio 4 Molly	☺ Cycle - All Levels 9:30 - 10:30am Studio 4 Paul
☺ TRX Queenax 10:00 - 10:55am Studio 3 Celesta	☺ Strength & Cond. 10:30 - 11:30am Amy	☺ Cycle - All Levels 9:30 - 10:30am Studio 4 Paul	☺ Core Strength 10:15 - 10:45am Studio 2 Celesta		☺ Circuit Training Queenax 9:30 - 10:25am Studio 3 Jacq
☺ AOA Strength 10:45 - 11:45am Barb	☺ AOA Queenax 11:30am - 12:15pm Studio 3 Barb	☺ TRX Queenax 10:00 - 10:55am Studio 3 Celesta	☺ Strength & Cond 10:30 - 11:30am Amy		☺ Yoga - All Levels 10:00 - 11:00am Sarah T.
	AOA Chair Fitness 1:30 - 2:30pm Leslie	☺ PiYo® 10:30 - 11:30am Studio 2 Kari	AOA Chair Fitness 1:30 - 2:30pm Leslie		☺ Zumba® 11:15 - 12:15pm Kam/June
Yoga for EveryBody 1:30 - 2:30pm Laura	☺ Step 4:30 - 5:25pm Catherine	☺ AOA Strength 10:45 - 11:45am Barb		Yoga for EveryBody 1:30 - 2:30pm Laura	
	☺ TRX+ Queenax 5:00 - 5:55pm Studio 3 Marie	Yoga for EveryBody 1:30 - 2:30pm Laura			
☺ Strength & Cond. 4:30 - 5:25pm Lindsay	☺ Cycle - All Levels 5:15 - 6:15pm Studio 4 Eli		☺ Step 4:30 - 5:25pm Catherine		
☺ Zumba® 5:30 - 6:30pm Reema	☺ Strength & Cond. 5:30 - 5:55pm Catherine	☺ Strength & Cond. 4:30 - 5:25pm Lindsay	☺ Cycle Circuit 5:15 - 6:15pm Studio 4 Lindsay		SUNDAY
☺ Circuit Training Queenax 5:45 - 6:25pm Studio 3 Lindsay	☺ Yoga - All Levels 5:30 - 6:30pm Studio 2 Sarah T.	☺ Insanity® 5:30 - 6:25pm Lindsay	☺ Zumba® 5:30 - 6:30pm Reema		Zumba® 3:45 - 4:45pm Kam
☺ Yoga - All Levels 6:35 - 7:35pm Lesley T.	☺ Zumba® 6:00 - 6:55pm Sol	☺ Yoga - Intermediate 5:45 - 6:45pm Studio 2 Suchana	☺ Yoga - All Levels 6:45 - 7:45pm Sarah T.	Freestyle Aerobics 6:15 - 7:15pm Eric	Yoga - All Levels 5:00 - 6:00pm Kay
☺ Freestyle Aerobics 6:30 - 7:30pm Studio 2 Eric	☺ Mat Pilates 7:00 - 8:00pm Paula	☺ Above The Barre 6:30 - 7:30pm Paula	☺ TRX Queenax 7:00 - 7:45pm Studio 3 Saige		

- ☺ Childcare available on a first come, first serve basis.
- Class location defaults to Studio 1, unless noted. Outdoor Boot Camp meets at the totem pole at 35th and Alaska.
- For Yoga classes, please bring a mat. Yoga mats are not provided.
- For Queenax classes, please **pick up class card at front desk up to 30 minutes before class begins.**

WATER EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - JANUARY 6 TO APRIL 16

Revised January 30, 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy/Dana		Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy		
☺ Aqua Fitness 8:30 - 9:25am Dan	Aqua Fitness 8:15 - 8:55am Dan	☺ Aqua Fitness 8:30 - 9:25am Helen	Aqua Fitness 8:15 - 8:55am Amy	☺ Aqua Fitness - Mixed Depth 8:30 - 9:25am Rotates	Aqua Fitness - Mixed Depth 8:30 - 9:25am Rotates
	☺ Aqua Fitness Deep 9:00 - 9:45am Michele				
☺ Aqua Fitness Deep 8:30 - 9:15am Dana	Aqua Jogging 8:15 - 8:55am Amy	☺ Aqua Fitness Deep 8:30 - 9:25am Dan	Aqua Fitness Deep 8:15 - 8:55am Maryann		
Aqua Arthritis & Injury 1:00 - 1:45 pm Leslie	Aqua Arthritis & Injury 1:00 - 1:45 pm Sean	Aqua Arthritis & Injury 1:00 - 1:45 pm Sean	Aqua Arthritis & Injury 1:00 - 1:45 pm Melanie	Aqua Arthritis & Injury 1:00 - 1:45 pm Marlene	SUNDAY
	Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rotates		Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rachael		Aqua Fitness - Mixed Depth 6:35 - 7:25pm Rotates

GROUP EXERCISE DROP-IN SCHEDULE

FAUNTLEROY YMCA - JANUARY 6 TO APRIL 16

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. - Advanced 5:45 - 6:30am Molly	Cycle - All Levels 6:00 - 6:45am Molly	Strength & Cond. - Advanced 5:45 - 6:30am Molly		Cycle - All Levels 6:00 - 7:00am Lisa	
Yoga - All Levels 7:45 - 8:45am Ozias				Yoga - All Levels 7:45 - 8:45am Jim	
AOA Circuit 8:30 - 9:30am Tish	Mat Pilates 8:00 - 8:55am Antje	AOA Strength 8:30 - 9:30am Barb	Mat Pilates 8:00 - 8:55am Carrie	AOA Circuit 8:30 - 9:30am Janet	Cycle - All Levels 8:10 - 8:55am Paul
☺ AOA Chair Fitness 9:00 - 9:30am Jenny	☺ Mat Pilates 9:00 - 9:55am Antje	☺ AOA Chair Fitness 9:00 - 9:30am Jenny	☺ Mat Pilates 9:00 - 9:55am Carrie	☺ AOA Chair Fitness 9:00 - 9:30am Jenny	Tai Chi & Qi Gong 8:15 - 9:15am Greg
☺ Cardio Variety 9:30 - 10:00am Tish		☺ Yoga - All Levels 9:30 - 10:30am Caitlyn		☺ Mat Pilates 9:35 - 10:30am Sarah J.	Above The Barre 8:15 - 9:15am Rotates
☺ Strength & Cond. 10:05 - 10:35am Tish	☺ Zumba® 10:00 - 10:45am Tish	☺ Cardio Salsa 9:30 - 10:00am Tish	☺ Zumba® 10:00 - 10:45am Maria		Yoga - Intermediate 9:30 - 10:30am Suchana
		☺ Above The Barre 10:05 - 10:50am Tish			
☺ Yoga - All Levels 5:45 - 6:45pm Jaki		Yoga - All Levels 5:45 - 6:45pm Jaki			
☺ Cycle - All Levels 6:00 - 7:00pm Lisa	☺ Yoga - All Levels 6:00 - 7:00pm Ozias	Cycle - All Levels 6:00 - 7:00pm Lisa	Cycle - All Levels 6:00 - 7:00pm Tara		
PiYo® 6:45 - 7:45pm Kari	☺ Zumba® 6:30 - 7:30pm Renee		Above The Barre 7:00 - 7:50pm Katherine		

- ☺ Childcare available on a first come, first served basis.
- Yoga and Tai Chi classes at Fauntleroy are held in the Small Chapel.
- Cycle classes at Fauntleroy are held in the Group Cycle room. **Pick up a class card at the front desk.** Please arrive 10 minutes prior to Group Cycle class time for set-up.