



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# QUEENAX FITNESS STUDIO SCHEDULE

## WEST SEATTLE YMCA

Revised 3.27.17

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		Circuit Jacq 5:45 - 6:25	TRX Molly 5:45 - 6:30			
Open Jacq 6:30 - 8:00		Open Jacq 6:30 - 8:00				
	Circuit ☺ Jacq 8:45 - 9:25	Pilates ☺ Paula 8:30 - 9:30	TRX Celesta 8:00 - 8:55		TRX ☺ Jacq 8:30 - 9:25	
	Open ☺ Marie 9:30 - 11:00	TRX ☺ Celesta 10:00 - 10:55	Open ☺ Antje 9:00 - 10:00		Circuit ☺ Jacq 9:30 - 10:10	
TRX ☺ Celesta 10:00 - 10:55				TRX ☺ Lieschan 10:00 - 10:55	Circuit ☺ Jacq 10:15 - 10:55	Open Isaac 10:30 - 12:00
Open ☺ Paula 11:00 - 12:30	AOA ☺ Barb 11:30 - 12:15			Open ☺ Molly 11:00 - 12:30	Open ☺ Jacq 11:00 - 12:00	
	TRX+ ☺ Marie 5:00 - 5:55	Open ☺ Isaac 4:30 - 5:55				
Circuit ☺ Lindsay 5:45 - 6:25		Circuit ☺ Isaac 6:00 - 6:45	Open ☺ Saige 5:45 - 6:55			
Open ☺ Isaac 6:30 - 8:00			TRX ☺ Saige 7:00 - 7:45			

The classes and open times listed on this Queenax schedule are free to facility members on a drop-in, first come first served basis. Max 10 participants per class. Please pick up a class card at Member Services for classes Monday-Friday. No class cards on Saturdays. Sign up sheet located outside Studio 3. During open drop-in times, a certified YMCA trainer will be available to answer your questions about the Queenax equipment, offer suggestions and guide you as you get comfortable with the system.

### Queenax TRX

Delivering an effective total body workout, the TRX suspension trainer leverages gravity and body weight to develop strength, balance, flexibility, and core stability simultaneously. TRX is scalable, and benefits people of all fitness levels.

### Queenax Pilates

Incorporating Pilates movements through a special piece of equipment called the Superfunctional, this workout uses straps and a bar attached to the Queenax system to improve core strength while allowing for an overall stronger and more functional body. Superfunctional Pilates allows your body to develop strength, stability, balance, and flexibility.

### Queenax Circuit Training

A fast-paced station style workout incorporating a mixture of cardiovascular and strength training drills to blast fat and sculpt muscle. This class incorporates the many different pieces of Queenax equipment including punching bags, torso trainer, mini trampoline and jungle gym.

### Queenax AOA

By utilizing movements and techniques that you use in daily life, this class will help increase strength, balance, and flexibility to help complete every day tasks with ease. This unique class will provide a fun, full body workout while using varying equipment.