



DECEMBER 2017 DROP-IN GROUP EXERCISE SCHEDULE DOWNTOWN SEATTLE YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6:45 am - 7:45 am Total Body Conditioning Lee-7th	6:30 am - 7:30 am Yoga Flow Bridgett-TAG	6:45 am - 7:45 am Total Body Conditioning Lee-7th	6:30 am - 7:30 am Yoga Flow Bridgett-TAG	6:45 am - 7:45 am !Cardio Boxing! Varied-7th NEW CLASS
10:00 am - 11:00 am *Pedaling for Parkinson's(#)* Ashley-Cycle	6:45 am - 7:45 am Total Body Conditioning Lee-7th	6:45 am - 7:30 am *Cycle - 45* John & Ellen-Cycle	6:45 am - 7:45 am Total Body Conditioning Lee-7th	6:45 am - 7:45 am Turbo Kick® Lisa-MB
11:00 am - 11:35 am *Bigger, Faster, Stronger* Ashley-MB	11:00 am - 11:45 am TRX Ed-MB	9:00 am - 10:00 am *Yoga - Gentle* Bev-TAG	11:00 am - 11:45 am TRX Ed-MB	10:00 am - 11:00 am *Pedaling for Parkinson's(#)* Ashley-Cycle
11:00 am - 11:55 am *Functional Strength for Everyone* David L-CM	11:00 am - 12:00 pm *Mat Pilates* Deborah-TAG	10:00 am - 11:00 am *Pedaling for Parkinson's(#)* Ashley-Cycle	11:00 am - 11:55 am Total Body Conditioning David L-7th	11:00 am - 11:35 am *Bigger, Faster, Stronger* Deborah-MB
11:15 am - 12:10 pm Power Vinyasa Yoga Kelly-TAG	11:15 am - 12:15 pm *Aqua Fitness* Tiana-Pool	11:00 am - 11:55 am *Functional Strength for Everyone* Ashely-CM	11:15 am - 12:15 pm Power Vinyasa Yoga Jennifer B.-TAG NEW CLASS NOV. 9	11:00 am - 11:55 am *Functional Strength for Everyone* Varied-CM
12:00 pm - 1:00 pm !Cardio Boxing! Varied-7th	12:00 pm - 1:00 pm !Cardio Boxing! Varied-7th	11:00 am - 11:55 am Total Body Conditioning Kelly-7th	12:00 pm - 1:00 pm !Cardio Boxing! Varied-7th	11:00 am - 11:55 am Total Body Conditioning Kelly-7th
12:00 pm - 1:00 pm Cycle - All Levels* Cornell-Cycle	12:00 pm - 1:00 pm Cardio Strength Margaret-CM	11:15 am - 12:15 pm Advanced Power Vinyasa Yoga Jen-TAG	12:00 pm - 12:50 pm Above the Barre Margaret-CM	12:00 pm - 1:00 pm Intensity Ashley-CM
12:15 pm - 1:00 pm Cardio H.I.I.T Kelly-CM	12:00 pm - 1:00 pm Cardio Hip Hop Courtney-MB	12:00 pm - 1:00 pm !Cardio Boxing! Various-7th	12:00 pm - 1:00 pm *Cycle - All Levels* Cornell-Cycle	12:00 pm - 1:00 pm *Cycle - Power Pedal* Ed-Cycle
12:30 pm - 1:30 pm Yoga Flow Jim-TAG	12:15 pm - 1:00 pm *Introductory Meditation* Khedrub-Chapel	12:00 pm - 12:45 pm *Cycle - All Levels* Margaret-Cycle	12:00 pm - 1:00 pm Cardio Hip Hop Courtney-MB	12:30 pm - 1:30 pm Yoga - Intermediate Bev-TAG
1:00 pm - 2:00 pm *Mat Pilates* Naphtali-CM	12:30 pm - 1:30 pm *Yoga - All Levels* Deborah-TAG	12:00 pm - 1:00 pm Zumba® Stephen-CM	12:30 pm - 1:30 pm *Yoga - All Levels* Deborah-TAG	5:30 pm - 6:30 pm *Unwind Your Spine* Deborah-TAG
5:30 pm - 6:15 pm *Cycle - 45* Taylor-Cycle	4:30 pm - 5:00 pm TRX Blast! Kelly-MB	12:15 pm - 1:00 pm Body Sculpt Sarah-MB	4:30 pm - 5:00 pm TRX Blast! Kelly-MB	
5:15 pm - 6:15 pm Turbo Kick® Lisa-MB	5:30 pm - 6:30 pm *Rhythmic Dance-Fit* Ana-Maria-CM	12:30 pm - 1:30 pm Yoga Flow Jim-TAG	5:30 pm - 6:15 pm *Cycle - Power Pedal* Kelly D-Cycle	
5:15 pm - 6:15 pm Total Body Conditioning Lauren Jane-7th	5:30 pm - 6:30 pm Yoga Pilates Fusion Deborah-TAG	5:00pm - 5:45 pm Power Vinyasa Yoga Deborah-TAG	5:30 pm - 6:30 pm Yoga Sculpt Lisa-MB (back Nov. 14)	SATURDAY
5:30 pm - 6:30 pm Zumba® Stephen-CM	5:30 pm - 6:30 pm Yoga Sculpt Lisa-MB (back Nov. 14)	5:15 pm - 6:15 pm Total Body Conditioning Lauren Jane-7th	5:30 pm - 6:30 pm *Dance Fit Oula®* Greta-CM	10:00 am - 11:00 am *Aqua Fitness* Sherry-Pool
6:30 pm - 7:30 pm Total Body Conditioning Sarah S.-7th	6:00 pm - 7:00 pm H.I.I.T David L-7th	6:00 pm - 7:15 pm *Yoga - Yin * Judith-TAG	6:00 pm - 7:00 pm H.I.I.T David L-7th	10:00 am - 11:15 am Zumba®-Barre Fusion Deborah-CM
		6:30 pm - 7:30 pm Total Body Conditioning Sarah S.-7th		10:30 am - 12:00 pm Yoga - Intermediate Daniel-TAG
				QUESTIONS OR COMMENTS? Kelly Stewart, Healthy Living Director kellystewart@seattleyymca.org or (206) 382-5088

Schedule subject to change without notice

POOL • GROUND FLOOR	CHAPEL • FIRST FLOOR	T.A.G. TRIANGLE ART GALLERY FIRST FLOOR	MB • MIND BODY 6TH FLOOR	CM • CREATIVE MOVEMENT 6TH FLOOR	CYCLE STUDIO • 6TH FLOOR	7TH • 7TH FLOOR	! Boxing gloves required for class
							* Class is accessible to people who are new to exercise.
							# Free to members, fee-based for non-members: Requires pre-registration with Member Services before starting class.

<p>ABOVE THE BARRE A challenging and unique workout designed to sculpt and strengthen your entire body as well as increase flexibility. Use your own body weight and light free weights to define and tone. Meant to be done barefoot, but not required.</p>	<p>FUNCTIONAL STRENGTH FOR EVERYONE Be strong at any age! This class is designed for older exercisers and those who are new to strength training. You will work your muscles in a way that simulates daily activities increasing your stability and mobility</p>	<p>UNWIND YOUR SPINE Class celebrates all spinal movements (extension, flexion, lateral flexion and rotation) and ease of breath. Dedicated to releasing muscular tension to create greater range of movement.</p>
<p>AQUA FITNESS A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.</p>	<p>H.I.I.T. (or High Intensity Interval Training) A class in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This high intensity class will use weights, TRX, core exercises, cardio and other equipment getting your heart rate to peak performance to burn fat and calories efficiently.</p>	<p>YOGA - ALL LEVELS This method of yoga practice integrates both body and mind through safe alignment and balanced breath. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.</p>
<p>BALKAN FIT DANCE Experience a rhythmic dance workout that releases your mind and strengthens your body! Combining traditional, modern, and international flavor all in one session.</p>	<p>INTENSITY A high intensity cardio-conditioning workout that provides support and group motivation to work toward your highest potential and unleash your inner athlete, no matter where you're starting from. Designed for all levels, moves can be modified.</p>	<p>YOGA - GENTLE Traditional yoga poses are modified with an emphasis on a slower pace accompanied by the breath and stilling the mind. Relaxing and energizing.</p>
<p>BIGGER, FASTER, STRONGER Incorporates movement LSVT Big Program as well as a balance and core strengthening. Great addition to Pedaling For Parkinson's</p>	<p>INTRODUCTORY MEDITATION FROM KADAMPA MEDITATION CENTER The purpose of meditation is to make our mind calm and peaceful. If our mind is peaceful, we will be free of worries and mental discomfort, experiencing true happiness and relaxation. These classes provide an opportunity to learn how to meditate and how to use our experience of meditation to positively affect all aspects of daily life.</p>	<p>YOGA - FLOW This class strives to maintain awareness and focus on the breath while moving through a series of postures. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.</p>
<p>BODY SCULPT Tone and burn in this strength movement class, which incorporates free weights, resistance bands and body weight. Perfect for all fitness levels.</p>	<p>MAT PILATES This class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining, or standing position.</p>	<p>YOGA - INTERMEDIATE This class goes beyond the basics of yoga. Geared for students who have prior yoga experience, the class uses the standing poses and their foundation to build a more advanced flow. (Not recommended for beginners.)</p>
<p>CARDIO BOXING Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch and block your way to greater fitness!</p>	<p>PEDALING FOR PARKINSON'S This tandem cycling class is for individuals with Parkinson's Disease. Participants pedal at a standardized pace during the class. This activity has been shown to decrease symptoms of the disease.</p>	<p>YOGA - POWER VINYASA Powerful energetic flow, where students fluidly transition from one pose to the next using breath to movement technique. Class designed for all levels. Good compliment to your strength and cardio workouts.</p>
<p>CARDIO HIP HOP Bust a move, break a sweat and have the most fun you can in a lunch hour. Great music and instruction will inspire you to find your inner dancer. This is a fun class!</p>	<p>OULA® DANCE FIT This is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy and total inspiration! Dancemania for the soul!</p>	<p>YOGA - RESTORATIVE A relaxation class utilizing blankets and bolsters where breath is the main focus and no strenuous activity. Similar to meditation, this practice calms your mind and reduces stress. Offered at 9:30am, 12:30pm and 6:00pm on the first Wednesday of each month</p>
<p>CARDIO H.I.I.T. High Intensity Interval Training combines a variety of high intensity circuits to challenge your fitness level, tone your muscles and burn calories</p>	<p>ROCK -N- ROLL ABS Concentrated abdominal exercises that attack the mid-section, followed by a deep stretch using the foam rollers.</p>	<p>YOGA SCULPT When Strength & Core meets yoga, Sculpt is born. Boost metabolism and build lean muscle mass in this total body workout. You'll combine free weights with basic yoga sequencing and cardio to intensify each pose while mixing in strength-training moves like squats, lunges and bicep curls, jamming to upbeat music.</p>
<p>CARDIO STRENGTH This high energy class will appeal to a wide-range of exercisers. This is a fun class that utilizes body bars, dumbbells and resistance bands.</p>	<p>RHYTHMIC DANCE-FIT/DANCE-FIT Combining multiple dance disciplines, this high cardio class will strengthen and tone muscles, while being low impact on bones and joints.</p>	<p>YOGA - YIN Traditional yoga poses are modified with an emphasis on a slower pace accompanied by the breath and stilling the mind. Relaxing and energizing.</p>
<p>CORE CRUNCH Build, strengthen and tone core muscles in this quick, high-intensity class!</p>	<p>TOTAL BODY CONDITIONING This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. This class will define your muscles by constantly switching up the intensity using weights, balls, bands, body bars and other equipment.</p>	<p>ZUMBA® A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.</p>
<p>CHI FORM Focus on movements inspired by traditional Tai Chi and Qigong forms in this easy to follow class.</p>	<p>TRX BLAST! High intensity 20-minute class. Increase strength and flexibility in our TRX Blast class. Burn calories and tone muscles just in time for happy hour!</p>	<p>ZUMBA® - BARRE FUSION Interval based training of fast and slow rhythms combined to sculpt your body while burning fat with Barre techniques to develop your muscular endurance. 35-40 minutes Zumba with 15-20 minutes Barre and a cool down. For All Levels!</p>
<p>CYCLE - 45 This 45-minute class focuses on interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.</p>	<p>TRX Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer. Burn calories and tone muscles.</p>	<p>ZUMBA® TONING Just as fun as Zumba, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners!</p>
<p>CYCLE - ALL LEVELS Interval training, simulating various terrain on a stationary bike, is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.</p>	<p>TURBO KICK® This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric burn.</p>	<p>Group Exercise Schedule is subject to change without notice.</p>
<p>CYCLE CORE The first half of class is filled with cycling followed by an optional 30 minute core work-out.</p>		
<p>CYCLE - POWER PEDAL High intensity interval training for intermediate to advanced cyclists.</p>		