

GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - December 1 - 17



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

IMPORTANT NOTES

Revised November 21, 2017

- ☺ = Childcare available on a first come, first serve basis.
- Outdoor Boot Camp meets at the totem pole at 35th and Alaska.

WEST SEATTLE YMCA: STUDIO 1

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		Step 6:00 - 7:00am Carol		Step 6:00 - 6:55am Carol	
☺ Step 8:30 - 9:25am Eddie		AOA Circuit 8:00 - 9:00am Carol	☺ Step 8:30 - 9:25am Eli	Yoga - All Levels 7:00 - 8:00am Lesley	Step 7:45 - 8:45am Carol/Stacia
☺ Above the Barre 9:30 - 10:30am Paula	☺ Step 9:30 - 10:25am Mia	☺ Bollywood Boot Camp 9:30 - 10:30am Allison	Outdoor Boot Camp 9:30 - 10:30am Karyn	Cardio Salsa 8:00 - 8:45am Gym Tish	☺ Dance Fitness 8:55 - 9:55am Amy/Suz/Allison
☺ AOA Strength 10:45 - 11:45am Barb	☺ Strength & Cond. 10:30 - 11:30am Amy	☺ AOA Strength 10:45 - 11:45am Barb	☺ Yoga - All Levels 9:30 - 10:25am Sarah T.	☺ Strength & Cond. 8:45 - 9:25am Eli	☺ Yoga - All Levels 10:00 - 11:00am Sarah T.
	☺ Chair Yoga & Strength 12:00 - 1:00pm Sherry		☺ Strength & Cond 10:30 - 11:30am Amy	☺ Step 9:30 - 10:25am Alissa	☺ Zumba® 11:15 - 12:15pm Kam/June
Yoga for EveryBody 1:30 - 2:30pm Laura	☺ Step 4:30 - 5:25pm Kacie	Yoga for EveryBody 1:30 - 2:30pm Laura	☺ Chair Yoga & Strength 12:00 - 1:00pm Sherry	Yoga for EveryBody 1:30 - 2:30pm Laura	
					SUNDAY
☺ Strength & Cond. 4:30 - 5:25pm Lindsay E.	☺ Strength & Cond. 5:30 - 5:55pm Kacie	☺ Strength & Cond. 4:30 - 5:25pm Lindsay E.	☺ Step 4:30 - 5:25pm Kacie		Oula® 10:30 - 11:30am Sara C.
☺ Zumba® 5:30 - 6:30pm Reema	☺ Zumba® 6:00 - 6:55pm Sol	☺ Insanity® 5:30 - 6:25pm Lindsay E.	☺ Zumba® 5:30 - 6:30pm Reema		Zumba® 3:45 - 4:45pm Kam
☺ Yoga - All Levels 6:35 - 7:35pm Lesley	☺ Mat Pilates 7:00 - 8:00pm Paula	☺ Above The Barre 6:30 - 7:30pm Paula	☺ Yoga - All Levels 6:45 - 7:45pm Sarah T.	Freestyle Aerobics 6:15 - 7:15pm Eric	Yoga - All Levels 5:00 - 6:00pm Kay

WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AOA Circuit 8:00 - 9:00am Janet	☺ Yoga - All Levels 9:00 - 10:00am Elena			☺ Yoga - All Levels 9:30 - 10:30am Jim	
	☺ Core Strength 10:15 - 10:45am Celesta		☺ Core Strength 10:15 - 10:45am Celesta		
☺ Freestyle Aerobics 6:30 - 7:30pm Eric	☺ Yoga - All Levels 5:30 - 6:30pm Sarah T.				

WEST SEATTLE YMCA: STUDIO 3 - QUEENAX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Circuit Training 5:45 - 6:25am Joanne	TRX 5:45 - 6:30am Lindsay A.		
	☺ Circuit Training 9:00 - 9:45am Lori	☺ Pilates 8:30 - 9:30am Paula	TRX 8:00 - 8:55am Celesta		☺ TRX 8:30 - 9:25am Jacq
☺ TRX 10:00 - 10:55am Celesta	☺ AOA Circuit Training 11:00am - 11:45am Eli	☺ TRX 10:00 - 10:55am Celesta			☺ Circuit Training 9:30 - 10:10am Jacq
☺ Circuit Training 5:45 - 6:25pm Lindsay E.	☺ TRX+ 5:00 - 5:55pm Joanne	☺ Circuit Training 6:00 - 6:45pm Isaac			☺ Circuit Training 10:15 - 10:55am Jacq
		☺ Pilates 7:00 - 7:55pm Lauren	☺ TRX 7:00 - 7:45pm Saige		

QUEENAX CLASSES — MAX OF 10 PER CLASS. PLEASE PICK UP A CLASS CARD AT MEMBER SERVICES UP TO 30 MINUTES BEFORE CLASS BEGINS. PLEASE NOTE - NO CLASS CARDS FOR SATURDAY CLASSES. SIGN UP SHEET LOCATED OUTSIDE STUDIO 3.

WEST SEATTLE YMCA: STUDIO 4 - CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle - All Levels 6:00 - 6:45am Antoinette				
Cycle - All Levels 8:00 - 8:45am Helen	Cycle - All Levels 8:00 - 8:45am Lori				
☺ Cycle - All Levels 9:15 - 10:15am Eli	☺ Cycle - All Levels 9:15 - 10:00am Celesta	☺ Cycle - All Levels 9:30 - 10:30am Rotates	☺ Cycle - All Levels 9:15 - 10:00am Celesta	☺ Cycle - All Levels 9:30 - 10:30am David	☺ Cycle - All Levels 9:30 - 10:30am Shalimar
	☺ Cycle - All Levels 5:15 - 6:15pm Eli		☺ Cycle Circuit 5:15 - 6:15pm Lindsay E.		

WEST SEATTLE YMCA: POOL - WATER FITNESS

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 Maryann	☺ 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 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 Tiana		
	☺ Aqua Fitness Deep 9:00 - 9:45am Michele				
Aqua Arthritis & Injury 1:00 - 1:45pm Leslie	Aqua Arthritis & Injury 1:00 - 1:45pm Sean	Aqua Arthritis & Injury 1:00 - 1:45pm Sean	Aqua Arthritis & Injury 1:00 - 1:45pm Melanie	Aqua Arthritis & Injury 1:00 - 1:45pm 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

FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:45 - 6:30am Kacie		Strength & Cond. 5:45 - 6:30am Kacie		Cycle - All Levels 6:00 - 7:00am Lisa	
Yoga - All Levels 7:45 - 8:45am Ozias		AOA Strength 8:30 - 9:30am Sherry		Yoga - All Levels 7:45 - 8:45am Jim	
AOA Circuit 8:30 - 9:30am Tish	Mat Pilates 8:00 - 8:55am Antje	☺ AOA Chair Fitness 9:00 - 9:30am Jenny	Mat Pilates 8:00 - 8:55am Carrie	AOA Circuit 8:30 - 9:30am Janet	Cycle - All Levels 8:10 - 9:00am David
☺ AOA Chair Fitness 9:00 - 9:30am Jenny	☺ Mat Pilates 9:00 - 9:55am Antje	☺ Yoga - All Levels 9:30 - 10:30am Jim	☺ 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		☺ Cardio Salsa 9:30 - 10:00am Tish		☺ Mat Pilates 9:35 - 10:30am Lauren	Above The Barre/Yoga Sculpt 8:15 - 9:15am Katherine & Michelle
☺ Strength & Cond. 10:05 - 10:35am Tish	☺ Zumba® 10:00 - 10:45am Tish	☺ Above The Barre 10:05 - 10:50am Tish	☺ Zumba® 10:00 - 10:45am Maria		Yoga - Intermediate 9:30 - 10:30am Suchana
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 Rotates		
Oula.One® 6:45 - 7:45pm Sara C.			Above The Barre 7:00 - 7:50pm Katherine		

- **YOGA AND TAI CHI CLASSES AT FAUNTLEROY ARE HELD IN THE SMALL CHAPEL.**
- **CYCLE CLASSES AT FAUNTLEROY ARE HELD IN THE GROUP CYCLE ROOM.**
- **FOR CYCLE CLASSES PICK UP A CLASS CARD AT THE FRONT DESK & ARRIVE 10 MINUTES PRIOR TO GROUP CYCLE CLASS TIME FOR SET-UP.**

WEST SEATTLE YMCA
3622 SW Snoqualmie St.
Seattle, WA 98126
P 206 935 6000

FAUNTLEROY YMCA
9140 California Ave SW
Seattle, WA 98136
P 206 937 1000

November 21, 2017

GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - December 18 - 31



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

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.

IMPORTANT NOTES

Revised November 22, 2017

- ☺ = Childcare available on a first come, first serve basis.
- For Yoga classes, please bring a mat. Yoga mats are not provided.

WEST SEATTLE YMCA: STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:35 - 6:00am 12/18 only- 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 12/18 only- Stacia		Step 6:00 - 7:00am Carol		Step 6:00 - 6:55am Carol	
☺ Step 8:30 - 9:25am 12/18 only- Edie		AOA Circuit 8:00 - 9:00am Carol	☺ Step 8:30 - 9:25am Eli	Yoga - All Levels 7:00 - 8:00am Lesley	
☺ Above the Barre 9:30 - 10:30am 12/18 only- Paula	☺ Step 9:30 - 10:25am Mia	☺ Bollywood Boot Camp 9:30 - 10:30am 12/27 only- Allison		Cardio Salsa 8:00 - 8:45am Gym Tish	☺ Step/Dance Fitness Combo 8:30 - 9:55am Stacia/Amy/Allison
☺ AOA Strength 10:45 - 11:45am 12/18 only- Barb	☺ Strength & Cond. 10:30 - 11:30am Amy	☺ AOA Strength 10:45 - 11:45am Barb	☺ Yoga - All Levels 9:30 - 10:25am Sherry/Sarah T.	☺ Strength & Cond. 8:45 - 9:25am Eli	☺ Yoga - All Levels 10:00 - 11:00am Kay/Sarah T.
	☺ Chair Yoga & Strength 12:00 - 1:00pm Sherry		☺ Strength & Cond 10:30 - 11:30am Amy	☺ Step 9:30 - 10:25am Alissa/Stacia	☺ Zumba® 11:15 - 12:15pm Kam/June
Yoga for EveryBody 1:30 - 2:30pm 12/18 only - Laura	☺ Step 4:30 - 5:25pm Kacie/Stacia	Yoga for EveryBody 1:30 - 2:30pm Laura	☺ Chair Yoga & Strength 12:00 - 1:00pm Sherry	Yoga for EveryBody 1:30 - 2:30pm Laura	
					SUNDAY
☺ Strength & Cond. 4:30 - 5:25pm 12/18 only- Lindsay E.	☺ Strength & Cond. 5:30 - 5:55pm Kacie/Stacia	☺ Strength & Cond. 4:30 - 5:25pm Lindsay E./Lori	☺ Step 4:30 - 5:25pm Carol/Stacia		Oula® 10:30 - 11:30am 12/31 only- Sara C.
☺ Zumba® 5:30 - 6:30pm 12/18 only- Reema	☺ Zumba® 6:00 - 6:55pm Sol	☺ Insanity® 5:30 - 6:25pm Lindsay E./Lori	☺ Zumba® 5:30 - 6:30pm Hani/Renee		Zumba® 3:45 - 4:45pm Kam
☺ Yoga - All Levels 6:35 - 7:35pm 12/18 only- Lesley	☺ Mat Pilates 7:00 - 8:00pm Paula	☺ Above The Barre 6:30 - 7:30pm Paula	☺ Yoga - All Levels 6:45 - 7:45pm Lesley,/Sarah T.	Freestyle Aerobics 6:15 - 7:15pm Eric	Yoga - All Levels 5:00 - 6:00pm 12/31 only - Kay

WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
AOA Circuit 8:00 - 9:00am 12/18 only- Janet	☺ Yoga - All Levels 9:00 - 10:00am Sarah/Jaki			☺ Yoga - All Levels 9:30 - 10:30am Jim	
	☺ Core Strength 10:15 - 10:45am Celesta/Michael		☺ Core Strength 10:15 - 10:45am Lori		
☺ Freestyle Aerobics 6:30 - 7:30pm 12/18 only- Eric	☺ Yoga - All Levels 5:30 - 6:30pm Sarah T./Jim				

WEST SEATTLE YMCA: STUDIO 3 - QUEENAX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		Circuit Training 5:45 - 6:25am 12/20 only - Joanne	TRX 5:45 - 6:30am Joanne/Lori		
	☺ Circuit Training 9:00 - 9:45am Lori	☺ Pilates 8:30 - 9:30am Paula	TRX 8:00 - 8:55am Lori		☺ TRX 8:30 - 9:25am Jacq
☺ TRX 10:00 - 10:55am 12/18 only- Celesta	☺ AOA Circuit Training 11:00am - 11:45am Eli	☺ TRX 10:00 - 10:55am Hilary/Jacq			☺ Circuit Training 9:30 - 10:10am Jacq
☺ Circuit Training 5:45 - 6:25pm 12/18 only- Lindsay E.	☺ TRX+ 5:00 - 5:55pm Joanne/Hilary	☺ Circuit Training 6:00 - 6:45pm Isaac			☺ Circuit Training 10:15 - 10:55am Jacq
		☺ Pilates 7:00 - 7:55pm Lauren	☺ TRX 7:00 - 7:45pm Hilary		

QUEENAX CLASSES — MAX OF 10 PER CLASS. PLEASE PICK UP A CLASS CARD AT MEMBER SERVICES UP TO 30 MINUTES BEFORE CLASS BEGINS. PLEASE NOTE - NO CLASS CARDS FOR SATURDAY CLASSES. SIGN UP SHEET LOCATED OUTSIDE STUDIO 3.

WEST SEATTLE YMCA: STUDIO 4 - CYCLE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Cycle - All Levels 6:00 - 6:45am Antoinette				
Cycle - All Levels 8:00 - 8:45am 12/18 only- Helen	Cycle - All Levels 8:00 - 8:45am Lori				
☺ Cycle - All Levels 9:15 - 10:15am 12/18 only- Eli	☺ Cycle - All Levels 9:15 - 10:00am Celesta/Helen	☺ Cycle - All Levels 9:30 - 10:30am David/Shalimar	☺ Cycle - All Levels 9:15 - 10:00am Lori	☺ Cycle - All Levels 9:30 - 10:30am David	☺ Cycle - All Levels 9:30 - 10:30am Shalimar
	☺ Cycle - All Levels 5:15 - 6:15pm Eli		☺ Cycle Circuit 5:15 - 6:15pm Shalimar		

WEST SEATTLE YMCA: POOL - WATER FITNESS

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 12/18 only- Dan	Aqua Fitness 8:15 - 8:55am Maryann	☺ Aqua Fitness 8:30 - 9:25am Helen	Aqua Fitness 8:15 - 8:55am Amy	☺ Aqua Fitness - Mixed Depth 8:30 - 9:25am Maryann/Helen	Aqua Fitness - Mixed Depth 8:30 - 9:25am Maryann/Donna
☺ Aqua Fitness Deep 8:30 - 9:15am 12/18 only- Dana	Aqua Jogging 8:15 - 8:55am Amy	☺ Aqua Fitness Deep 8:30 - 9:25am Dan	Aqua Fitness Deep 8:15 - 8:55am Tiana		
	☺ Aqua Fitness Deep 9:00 - 9:45am Michele				
Aqua Arthritis & Injury 1:00 - 1:45pm 12/18 only - Leslie	Aqua Arthritis & Injury 1:00 - 1:45pm Ann/Sean	Aqua Arthritis & Injury 1:00 - 1:45pm Leslie/Sean	Aqua Arthritis & Injury 1:00 - 1:45pm Melanie	Aqua Arthritis & Injury 1:00 - 1:45pm Marlene	
	Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rachael/Jo		Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rachael		SUNDAY

FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:45 - 6:30am 12/18 only- Lori		Strength & Cond. 5:45 - 6:30am 12/20 only - Lori		Cycle - All Levels 6:00 - 7:00am Lisa/David	
Yoga - All Levels 7:45 - 8:45am 12/18 only- Madi		AOA Strength 8:30 - 9:30am Sherry		Yoga - All Levels 7:45 - 8:45am Jim	
AOA Circuit 8:30 - 9:30am 12/18 only - Tish	Mat Pilates 8:00 - 8:55am Antje	☺ AOA Chair Fitness 9:00 - 9:30am Jenny	Mat Pilates 8:00 - 8:55am Carrie	AOA Circuit 8:30 - 9:30am Janet	Cycle - All Levels 8:10 - 9:00am David
☺ AOA Chair Fitness 9:00 - 9:30am 12/18 only - Jenny	☺ Mat Pilates 9:00 - 9:55am Antje	☺ Yoga - All Levels 9:30 - 10:30am Caitlyn/Jim	☺ 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 12/18 only - Tish		☺ Cardio Salsa 9:30 - 10:00am Tish		☺ Mat Pilates 9:35 - 10:30am Lauren	Above The Barre 8:15 - 9:15am Katherine
☺ Strength & Cond. 10:05 - 10:35am 12/18 only- Tish	☺ Zumba® 10:00 - 10:45am Tish	☺ Above The Barre 10:05 - 10:50am Tish	☺ Zumba® 10:00 - 10:45am Maria		Yoga - Intermediate 9:30 - 10:30am Suchana
Yoga - All Levels 5:45 - 6:45pm 12/18 only - Jaki		Yoga - All Levels 5:45 - 6:45pm Jaki			
Cycle - All Levels 6:00 - 7:00pm 12/18 only- Lisa	Yoga - All Levels 6:00 - 7:00pm Tami/Jaki	Cycle - All Levels 6:00 - 7:00pm Lisa/Shalimar	Cycle - All Levels 6:00 - 7:00pm Helen/David		
Oula.One® 6:45 - 7:45pm 12/18 only- Sara C.			Above The Barre 7:00 - 7:50pm Katherine		

- **YOGA AND TAI CHI CLASSES AT FAUNTLEROY ARE HELD IN THE SMALL CHAPEL.**
- **CYCLE CLASSES AT FAUNTLEROY ARE HELD IN THE GROUP CYCLE ROOM.**
- **FOR CYCLE CLASSES PICK UP A CLASS CARD AT THE FRONT DESK & ARRIVE 10 MINUTES PRIOR TO GROUP CYCLE CLASS TIME FOR SET-UP.**

WEST SEATTLE YMCA
3622 SW Snoqualmie St.
Seattle, WA 98126
P 206 935 6000

FAUNTLEROY YMCA
9140 California Ave SW
Seattle, WA 98136
P 206 937 1000

November 22, 2017