

# GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - January 1 - 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 December 18, 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
<b>Strength &amp; Cond.</b> 5:35 - 6:00am Stacia	<b>Yoga - Flow</b> 5:45 - 6:45am Tami	<b>Core Strength</b> 5:35 - 6:00am Carol	<b>Yoga - Flow</b> 5:45 - 6:45am Tami	<b>Strength &amp; Cond.</b> 5:35 - 6:00am Carol	
<b>Step</b> 6:00 - 6:55am Stacia		<b>Step</b> 6:00 - 7:00am Carol		<b>Step</b> 6:00 - 6:55am Carol	
☺ <b>Step</b> 8:30 - 9:25am Edie		<b>AOA Circuit</b> 8:00 - 9:00am Carol	☺ <b>Step</b> 8:30 - 9:25am Edie	<b>Yoga - All Levels</b> 7:00 - 8:00am Lesley	<b>Step</b> 7:45 - 8:45am Carol/Stacia
☺ <b>Above the Barre</b> 9:30 - 10:30am Paula	☺ <b>Step</b> 9:30 - 10:25am Mia	☺ <b>Bollywood Boot Camp</b> 9:30 - 10:30am Allison	<b>Outdoor Boot Camp</b> 9:30 - 10:30am Karyn	<b>Cardio Salsa</b> 8:00 - 8:45am Gym Tish	☺ <b>Dance Fitness</b> 8:55 - 9:55am Amy/Suz/Allison
☺ <b>AOA Strength</b> 10:45 - 11:45am Barb	☺ <b>Strength &amp; Cond.</b> 10:30 - 11:30am Amy	☺ <b>AOA Strength</b> 10:45 - 11:45am Barb	☺ <b>Yoga - Flow</b> 9:30 - 10:25am Sarah T.	☺ <b>Above the Barre</b> 8:45 - 9:25am Brittney	☺ <b>Yoga - Flow</b> 10:00 - 11:00am Sarah T.
	☺ <b>AOA Chair Yoga</b> 12:00 - 1:00pm Sherry		☺ <b>Strength &amp; Cond</b> 10:30 - 11:30am Amy	☺ <b>Step</b> 9:30 - 10:25am Alissa	☺ <b>Zumba®</b> 11:15 - 12:15pm Kam/June
<b>Yoga - Gentle</b> 1:30 - 2:30pm Laura	☺ <b>Step</b> 4:30 - 5:25pm Kacie	<b>Yoga - Gentle</b> 1:30 - 2:30pm Laura	☺ <b>AOA Chair Yoga</b> 12:00 - 1:00pm Sherry	<b>Yoga - Gentle</b> 1:30 - 2:30pm Laura	
					<b>SUNDAY</b>
☺ <b>Strength &amp; Cond.</b> 4:30 - 5:25pm Lindsay E.	☺ <b>Strength &amp; Cond.</b> 5:30 - 5:55pm Kacie	☺ <b>Strength &amp; Cond.</b> 4:30 - 5:25pm Lindsay E.	☺ <b>Step</b> 4:30 - 5:25pm Kacie		<b>Oula®</b> 10:30 - 11:30am Sara C.
☺ <b>Zumba®</b> 5:30 - 6:30pm Reema	☺ <b>Zumba®</b> 6:00 - 6:55pm Sol	☺ <b>Insanity®</b> 5:30 - 6:25pm Lindsay E.	☺ <b>Zumba®</b> 5:30 - 6:30pm Reema		<b>Zumba®</b> 3:45 - 4:45pm Kam
☺ <b>Yoga - Flow</b> 6:35 - 7:35pm Lesley	☺ <b>Mat Pilates</b> 7:00 - 8:00pm Paula	☺ <b>Above The Barre</b> 6:30 - 7:30pm Paula	☺ <b>Yoga-Flow</b> 6:45 - 7:45pm Sarah T.	<b>Freestyle Aerobics</b> 6:15 - 7:15pm Eric	<b>Yoga - Flow</b> 5:00 - 6:00pm Kay

## WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>AOA Circuit</b> 8:00 - 9:00am Janet	☺ <b>Yoga-Flow</b> 9:00 - 10:00am Elena			☺ <b>Yoga - All Levels</b> 9:30 - 10:30am Jim	☺ <b>Yoga - Power</b> 9:00 - 10:00am Michelle
	☺ <b>Core Strength</b> 10:15 - 10:45am Celesta		☺ <b>Core Strength</b> 10:15 - 10:45am Celesta		
☺ <b>Freestyle Aerobics</b> 6:30 - 7:30pm Eric	☺ <b>Yoga-Flow</b> 5:30 - 6:30pm Sarah T.	☺ <b>Yoga-All Levels</b> 6:30 - 7:30pm Jim	☺ <b>Oula.One</b> 6:00 - 7:00pm Sara C.		

## WEST SEATTLE YMCA: STUDIO 3 - QUEENAX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>Circuit Training</b> 5:45 - 6:25am Joanne	<b>TRX</b> 5:45 - 6:30am Lindsay A.		
☺ <b>TRX +</b> 8:45 - 9:45am Celesta	☺ <b>Circuit Training</b> 9:00 - 9:45am Lori	☺ <b>Pilates</b> 8:45 - 9:45am Paula	<b>TRX</b> 8:00 - 8:55am Celesta		☺ <b>TRX</b> 8:30 - 9:25am Jacq
☺ <b>TRX</b> 10:00 - 10:55am Celesta	☺ <b>Circuit Training 101</b> 11:00am - 11:45am Hilary	☺ <b>TRX</b> 10:00 - 10:55am Celesta		☺ <b>TRX</b> 10:00 - 10:55am Hilary	☺ <b>Circuit Training</b> 9:30 - 10:10am Jacq
☺ <b>Circuit Training</b> 5:45 - 6:25pm Lindsay E.	☺ <b>TRX+</b> 5:00 - 5:55pm Joanne	☺ <b>Circuit Training</b> 6:00 - 6:45pm Isaac			☺ <b>Circuit Training</b> 10:15 - 10:55am Jacq
		☺ <b>Pilates</b> 7:00 - 7:55pm Lauren	☺ <b>TRX</b> 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
	<b>Cycle - All Levels</b> 6:00 - 6:45am Antoinette				
<b>Cycle - All Levels</b> 8:00 - 8:45am Helen	<b>Cycle - All Levels</b> 8:00 - 8:45am Lori				
	☺ <b>Cycle - All Levels</b> 9:15 - 10:00am Celesta	☺ <b>Cycle - All Levels</b> 9:30 - 10:30am Rotates	☺ <b>Cycle - All Levels</b> 9:15 - 10:00am Celesta	☺ <b>Cycle - All Levels</b> 9:30 - 10:30am David	☺ <b>Cycle - All Levels</b> 9:30 - 10:30am Shalimar
	☺ <b>Cycle - All Levels</b> 5:15 - 6:15pm Rotates				

## WEST SEATTLE YMCA: POOL - WATER FITNESS

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

## FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Strength &amp; Cond.</b> 5:45 - 6:30am Kacie		<b>Strength &amp; Cond.</b> 5:45 - 6:30am Kacie		<b>Cycle - All Levels</b> 6:00 - 7:00am Lisa	
<b>Yoga - Gentle</b> 7:45 - 8:45am Ozias		<b>AOA Strength</b> 8:30 - 9:30am Sherry		<b>Yoga - All Levels</b> 7:45 - 8:45am Jim	
<b>AOA Circuit</b> 8:30 - 9:30am Tish	<b>Mat Pilates</b> 8:00 - 8:55am Antje	☺ <b>AOA Chair Fitness</b> 9:00 - 9:30am Jenny	<b>Mat Pilates</b> 8:00 - 8:55am Carrie	<b>AOA Circuit</b> 8:30 - 9:30am Janet	<b>Cycle - All Levels</b> 8:10 - 9:00am David
☺ <b>AOA Chair Fitness</b> 9:00 - 9:30am Jenny	☺ <b>Mat Pilates</b> 9:00 - 9:55am Antje	☺ <b>Yoga - Power</b> 9:30 - 10:30am Caitlyn	☺ <b>Mat Pilates</b> 9:00 - 9:55am Carrie	☺ <b>AOA Chair Fitness</b> 9:00 - 9:30am Jenny	<b>Tai Chi &amp; Qi Gong</b> 8:15 - 9:15am Greg
☺ <b>Cardio Variety</b> 9:30 - 10:00am Tish		☺ <b>Cardio Salsa</b> 9:30 - 10:00am Tish		☺ <b>Mat Pilates</b> 9:35 - 10:30am Lauren	<b>Above The Barre</b> 8:15 - 9:15am Katherine & Brittney
☺ <b>Strength &amp; Cond.</b> 10:05 - 10:35am Tish	☺ <b>Zumba®</b> 10:00 - 10:45am Tish	☺ <b>Above The Barre</b> 10:05 - 10:50am Tish	☺ <b>Zumba®</b> 10:00 - 10:45am Maria		<b>Yoga - Intermediate</b> 9:30 - 10:30am Suchana
<b>Yoga - Gentle</b> 5:45 - 6:45pm Jaki		<b>Yoga - Gentle</b> 5:45 - 6:45pm Jaki			
<b>Cycle - All Levels</b> 6:00 - 7:00pm Lisa	<b>Yoga - All Levels</b> 6:00 - 7:00pm Ozias	<b>Cycle - All Levels</b> 6:00 - 7:00pm Lisa	<b>Cycle - All Levels</b> 6:00 - 7:00pm Tara		
<b>Oula</b> 6:45 - 7:45pm Sara C.			<b>Above The Barre</b> 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.**

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