



GROUP WELLNESS SCHEDULE

Updated January 1, 2018

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

KEY	
★	Registration Required
☀️	New Class
★	Beginners Welcome!
☀️	PILOT CLASS !

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Group Wellness Studio One						
6:00-7:00 AM Bootcamp (DeOnte)				6:00-7:00 AM Bootcamp (DeOnte)		
8:00-9:00 AM Cardio Strength (Deb)	8:15-9:15 AM Zumba@ (Marla) ★	8:00-9:00 AM Cardio Strength (Johnny)		8:00-9:00 AM Cardio Strength **Cancelled for Jan.	8:30-9:30 AM Zumba@ (Aya) ★	10:00-11:15 AM All Levels Yoga (Jenni) ★
9:15-10:15 AM Active Older Adults Cardio (Melissa) ★	9:30-10:30 AM Zumba@ Gold (Marla) ★	9:15-10:15 AM Active Older Adults Cardio (Lindsey) ★		9:15-10:15 AM Active Older Adults Cardio (Patricia/Lindsey) ★	9:45-10:45 AM Step & Strength (Laurel)	11:15-11:45 AM Meditation (Jenni)
10:30-11:30 AM Enhance Fitness (Deb) ★	10:45-11:45 AM Active Older Adults Circuit (Philomena)	10:30-11:30 AM Enhance Fitness (Deb) ★	10:30-11:30 AM Mat Pilates(Pam)	10:30-11:30 AM Enhance Fitness (Deb)		12:00-1:00 PM Zumba@ (Marla/Madi) ★
12:00-1:00 PM Zumba (Hani) ★	12:00-1:00 PM Active Older Adults Strength (Philomena) ★	12:00-1:00 PM Cardio Strength (Melissa)	1:30-2:30 Active Older Adults Strength (Philomena) ★			1:30-2:00 PM ★ Little Dragons Martial Arts age 4-6 (Shanda)
	5:45-6:45 PM Zumba@ (Mary) ★	5:45-6:45 PM Strength & Conditioning (DeOnte)	5:45-6:45 PM Zumba@ (Lynne D) ★	5:30-6:30 PM Zumba@ (Marla/Ashley) ★		2:15-3:00 PM ★ Junior Basic Martial Arts age 7-9 (Shanda)
7:00-8:00 PM Zumba@ (Lesley)	7:00-8:00 PM P90X@ (Briana)	7:00-8:00 PM Zumba@ (Jay)		6:45-7:45 PM Strength & Conditioning (Troy)		3:15-4:14 PM ★ Senior Scorpions age 10-13 (Shanda)
Group Wellness Studio Two						
	6:00 AM- 7:00 AM Cycle & Core (Colleen)		6:00-7:00 AM Cycle & Core (Colleen)	9:30-10:15 AM Cycle (Lori)	8:15-9:15 AM Cycle (Tom) ★	
☀️ 9:30-10:30 AM Yoga Sculpt (Madi)	10:30-11:30 AM Mat Pilates (Pam)		9:30-10:30 AM Zumba@ Gold (Hani/Marina)	10:45-11:45 AM Cardio Strength (Melissa)		
	4:00-5:00 PM Specialized Recreation (Troy)	☀️ 4:45-5:30 PM Chair Yoga and Strength (Madi) ★		4:00-4:30 PM ★ Little Dragons Martial Arts age 4-6 (Shanda)		
5:30- 6:30 PM Cycle (Tom/Tara) ★	5:30-6:30 PM Bootcamp (Keonna)	6:00-7:00 PM Cycle (Russ/Tom)	5:30-6:30 PM Strength Training (Troy)	5:00-6:00 PM ★ Junior Basic Martial Arts age 7-9 (Shanda)		
6:45-7:45 PM Fit Kids (Family Programs)	6:45-7:45 PM Cycle (Collen)	7:15-8:00 Fit Kids (Family Programs)	6:45-7:45 PM Hip-Hop Cycle (Keonna)	6:15-7:15 PM ★ Senior Scorpions age 10-13 (Shanda)		
Reflection Studio						
	7:00-8:00 AM Mat Pilates (Deb) ★		7:00-8:00 AM Mat Pilates (Deb) ★			
9:30-10:45 AM Ball Yoga (Jenni)	8:15-9:15 AM Stretch (Deb)	9:30-10:45 AM Advanced Yoga (Jenni)	8:15-9:15 AM Stretch (Deb)		8:30-9:30 AM Yoga - All Levels (Emily/Ryan) ★	
☀️ 11:45- 12:45 PM Alignment Yoga (Madi) ★	9:30-10:45 AM Active Older Adults Yoga (Jenni) ★	11:45-12:45 AM Yoga Flow (Lisa)	9:30-10:45 AM Active Older Adults Yoga (Jenni) ★	9:30-10:45 AM Restora- tive Yoga (Terry) ★	9:45-11:00 AM Intermediate Yoga (Emily/Ryan)	
	1:00-2:00 PM Gentle Yoga (Bonnie) ★		1:00-2:00PM Gentle Yoga (Bonnie) ★			
5:30-6:45 PM Flow Yoga (Emily)	5:30-6:45 PM Intermediate Yoga (Ryan)	5:45-7:00 PM Yoga 101 (Jenni) ★	3:30-4:45 PM Hatha Yoga (Jenni) ★	5:30-6:30 PM Yin Yoga (Emily)		
7:00-8:00 PM Restorative Yoga (Emily) ★	7:00-8:00 PM Restorative Yoga (Ryan) ★	7:15-8:15 PM Women's Only Yoga (Jenni)	6:45-8:00PM Flow Yoga (Emily)			

CLASS DESCRIPTIONS

ACTIVE OLDER ADULTS CARDIO

Combine fun with fitness to increase your cardiovascular endurance with a great workout.

ACTIVE OLDER ADULTS YOGA

This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques.

ACTIVE OLDER ADULTS STRENGTH

Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

BALL YOGA

This gentle class combats stress, improves circulation and enhances flexibility thru gentle relaxing poses and breathing techniques with heavy emphasis on using the ball for balance and core stability.

BOOTCAMP

Get your extreme workout with extreme music! Learn the basics of boot camp training, and dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jump rope, speed work and more.

CARDIO STRENGTH

This high-energy class includes both strength training and aerobic exercise, and may use a step platform.

CHAIR YOGA AND STRENGTH

Great for people with mobility and balance difficulty, yoga poses and strength exercises are done standing near or seated in a chair. Use of light weights, bands, and exercise balls are offered for resistance to increase strength, range of motion, and activity for daily living skills. All ages and abilities welcome.

CYCLE

Enjoy an energizing ride through hills and flat terrain, simulated by different levels of resistance that you control on a stationary bike. For all levels.

CYCLE AND CORE

45 to 60-minute version of our regular cycling class, followed by core work done on the floor (abs, glutes, etc.)

CYCLE-HIP-HOP

Hip Hop Cycle adds a unique twist to traditional cycling by adding old school and new school hip hop melodies.

ENHANCE FITNESS

Enhance Fitness is an exercise program for older adults designed to improve physical conditioning levels and to decrease the risk of falling. This class includes stretching, low-impact aerobics, balance training and strengthening.

MARTIAL ARTS : LION AGE 4-6 (\$)

In this class, we will be focusing on structured play to learn the building blocks of martial arts and emphasize positive behavior. We will wrap up each class with a short talk about how to treat others. Monthly fee of \$75 FM, \$125 CM.

MARTIAL ARTS : PHEONIX AGE 7-9 (\$)

This age group will be building on existing skills, as well as focusing on self-control and body mechanics. We will explore the relationship between self-control and being good role models. Monthly fee of \$100 FM, \$150 CM.

MARTIAL ARTS : KIRIN AGE 10-13 (\$)

Entering the later years of primary school, students in this age range start to mature emotionally and experience the world in a different way. This age group will focus on coordination, self-awareness, and physical conditioning. We will discuss the cause-and-effect of behavior, positive self-expression and how to be our best every day. Monthly fee of \$100 FM, \$150 CM.

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. Emphasis placed on proper form and precise movements resulting in body definition without bulk.

MEDITATION

Train your mind like you train your body for the perfect antidote to daily stress. Learn and practice centuries old meditation techniques to relax and increase your overall sense of well-being

P90X@

Join this live version of the popular home workout series P90X. This workout offers a rich variety of intense routines from cardio to resistance training, strength training, plyometrics, ab work and more.

SPECIALIZED RECREATION

Created to bring together kids and families with and without disabilities to participate in physical activity, the class emphasizes increasing participant skills, team building, and enjoying fitness. A weekly family class with a variety of formats.

STEP & STRENGTH

Combining elements from fitness trends old and new, Step & Strength adds a challenging full-body workout. Step aerobics uses choreography performed on an adjustable step platform, while barre focuses on balance, muscular endurance, and coordination.

STRENGTH & CONDITIONING

A high-intensity full body workout. It's boot camp that combines cardio and strength training. This circuit style class will work your entire body with little rest between exercises.

STRENGTH TRAINING

This popular class attracts a wide range of exercisers. Beginners and athletes alike enjoy this strength centered workout that uses an array of exercise equipment. Warm-up, strength and muscular endurance, core conditioning and a cool down are included.

MATT GRIFFIN YMCA 3595 S 188th Street P 206.244.5880 F 206.244.5881 seattleymca.org

STRETCH

Reduce stress and create body harmony in this stretching class designed to stretch the entire body, including the lower back and core area. Mind and body stretching techniques designed to release tension, increase flexibility and stimulate circulation.

YOGA 101

Get an introduction to basic yoga poses at a comfortable place for beginners.

YOGA-ADVANCED

Yoga is an ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress and help with circulation and movement of the joints. Take your yoga practice to the next level with this class!

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.

YOGA ALIGNMENT

Yoga using props to help ensure proper alignment in poses, reducing the risk of injury and contributing to overall mind/body wellness.

YOGA CORE

In Yoga Core, you will be guided through a dynamic series of yoga poses and movements to strengthen, stretch and stabilize the core of your body, including abdominals, mid and lower back, upper thighs and glutes.

YOGA VINYASA FUSION

This fusion class incorporates cardio with yoga for an effective and balanced workout.

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.

YOGA-GENTLE

This most gentle and adaptable yoga class is suitable for new exercisers, seniors and those with physical challenges. Range of motion, relaxation, and breathing techniques are emphasized. This class can be done from a chair.

YOGA-HATHA

This Vinyasa 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.

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).

YOGA-RESTORATIVE

A passive style of yoga with longer hold times. Allows for deeper relaxation and calmer mind.

YOGA SCULPT

Boost metabolism and build lean muscle mass in this total body workout. You'll combine free weights, basic yoga sequencing and cardio to intensify each pose while mixing in strength-training moves like squats, lunges and bicep curls.

YOGA-YIN

A gentle yoga practice in which poses are held for 2-5 minutes, allowing joints and fascia to release. This class will complement your Vinyasa practice and will open and release areas in need of more flexibility.

YOGA-WOMEN'S ONLY

This class creates a comfortable and nurturing environment for females. Offering movements and poses to various skill levels, this class encourages women of all ages and backgrounds to enjoy benefits of yoga.

ZUMBA@

Zumba is a Latin-inspired dance fitness class designed for everyone at any age, any background and any fitness level. No dance background required.

ZUMBA GOLD@

Zumba Gold is a Latin-inspired dance fitness class designed for the active older adult population or the true beginner (reconditioned participant)

Facility Hours

Monday-Friday 5am-10pm
Saturday 8am-6pm
Sunday 10am-6pm

Child Care Hours

Monday-Friday 9am-1:30pm ; 4pm-8pm
Saturday 8am-12:30pm
Sunday 11am-2pm

We reserve the right to change the schedule without notice due to instructor availability, special events, or other branch needs.

You can find all schedules at www.mattgriffinymca.org

CONTACT INFORMATION

MADI JOHNSON ASSIANT DIRECTOR, HEALTHY LIVING
206 244 5880 or madisonjohnson@seattleymca.org

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.