

GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - July 1 - 31



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Revised June 21, 2018

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

- ☺ = 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 Stacia	Yoga - Flow 5:45 - 6:45am Tami	Core Strength 5:35 - 6:00am Carol	Yoga - Flow 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 Eddie/Kacie	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	☺ Yoga - Flow 9:30 - 10:25am Sarah T.	Cardio Salsa Gym 8:00 - 8:45am 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	☺ Strength & Cond 10:30 - 11:30am Amy	☺ Above the Barre 8:45 - 9:25am Brittney	☺ Yoga - Flow 10:00 - 11:00am Sarah T.
	☺ AOA Chair Yoga 12:00 - 1:00pm Sherry		☺ AOA Chair Yoga 12:00 - 1:00pm Sherry	☺ Step 9:30 - 10:25am Alissa	☺ Zumba® 11:15 - 12:15pm Kam/June
Yoga - Gentle 1:30 - 2:30pm Laura	☺ Step 4:30 - 5:25pm Kacie	Yoga - Gentle 1:30 - 2:30pm Laura		Yoga - Gentle 1:30 - 2:30pm Laura	
☺ Strength & Cond. 4:30 - 5:25pm Lindsay E.	☺ Strength & Cond. 5:30 - 5:55pm Catherine	☺ 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 Renee	☺ Insanity® 5:30 - 6:25pm Lindsay E.	☺ Zumba® 5:30 - 6:30pm Reema		Zumba® 3:45 - 4:45pm Kam
☺ Yoga - Flow 6:35 - 7:35pm Lesley	☺ Mat Pilates 7:00 - 8:00pm Paula	☺ Above The Barre 6:30 - 7:30pm Paula	☺ Yoga - Flow 6:45 - 7:45pm Sarah T.	Freestyle Aerobics 6:15 - 7:15pm Eric	Yoga - Flow 5:00 - 6:00pm Kay

SUNDAY

WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	☺ Yoga-Flow 9:00 - 10:00am Sarah			☺ Yoga - All Levels 9:30 - 10:30am Jim	☺ Yoga - Power 9:00 - 10:00am Michelle
	☺ Core Strength 10:15 - 10:45am Rotates		☺ Core Strength 10:15 - 10:45am Rotates		
☺ Freestyle Aerobics 6:30 - 7:30pm Eric	☺ Yoga-Flow 5:30 - 6:30pm Kaytie	☺ Yoga-All Levels 6:30 - 7:30pm Jim	☺ Oula.One 6:00 - 7:00pm Sara C.		

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.		
☺ TRX + 8:45 - 9:45am Molly	☺ Circuit Training 9:00 - 9:45am Rotates	☺ Pilates 8:35 - 9:30am Paula	TRX 8:00 - 8:55am Molly		☺ TRX 8:30 - 9:25am Jacq
☺ TRX 10:00 - 10:55am Hilary	☺ Circuit Training 101 11:00 - 11:45am Hilary	☺ TRX 10:00 - 10:55am Hilary		☺ TRX 10:00 - 10:55am Hilary	☺ Circuit Training 9:30 - 10:10am Jacq
☺ Circuit Training 5:45 - 6:25pm Lindsay E.	☺ TRX+ 5:30 - 6:25pm Joanne	☺ Circuit Training 6:00 - 6:45pm Bethany			☺ Circuit Training 10:15 - 10:55am Jacq
☺ TRX + 6:30 - 7:15pm Saige		☺ Pilates 7:00 - 7:55pm Lauren	☺ TRX 7:00 - 7:45pm Saige		

QUEENAX CLASSES — MAX OF 10 PER CLASS. PLEASE SIGN UP AT MEMBER SERVICES UP TO 30 MINUTES BEFORE CLASS BEGINS FOR ALL CLASSES HELD IN STUDIO 3 - QUEENAX. PARTICIPANTS MUST BE PRESENT TO SIGN UP.

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 7:30 - 8:15am Lori				
	☺ Cycle - All Levels 9:15 - 10:00am Emily	☺ Cycle - All Levels 9:30 - 10:30am Alicia	☺ Cycle - All Levels 9:15 - 10:00am Emily	☺ Cycle - All Levels 9:30 - 10:30am David	☺ Cycle - All Levels 9:30 - 10:30am Shalimar
	☺ Cycle - All Levels 5:15 - 6:15pm David				

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 Dan/Helen/Maryann	Aqua Fitness - Mixed Depth 8:30 - 9:25am Dan/Donna/Ada
☺ 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 Ada		
Aqua Arthritis & Injury 1:00 - 1:45pm Ada	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	
	Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rotates		Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rachael		SUNDAY
					Aqua Fitness - Mixed Depth 6:35 - 7:25pm Jo/Saige/Ada

FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:45 - 6:30am Sonia		Strength & Cond. 5:45 - 6:30am Sonia		Cycle - All Levels 6:00 - 7:00am Lisa	
Yoga - Gentle 7:45 - 8:45am Ozias		AOA Circuit 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 Sherry	Cycle - All Levels 8:10 - 9:00am David
☺ AOA Chair Fitness 9:00 - 9:30am Jenny	☺ Mat Pilates 9:00 - 9:55am Antje	☺ Yoga - Power 9:30 - 10:30am Kaytie	☺ 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 8:15 - 9:15am Katherine & Brittney
☺ 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 - Gentle 5:45 - 6:45pm Jaki		Yoga - Gentle 5:45 - 6:45pm Jaki			
Cycle - All Levels 6:00 - 7:00pm Lisa	Yoga - Flow 6:00 - 7:00pm Caitlyn	Cycle - All Levels 6:00 - 7:00pm Lisa	Cycle - All Levels 6:00 - 7:00pm Tara		
			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.**