



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE SCHEDULE

FALL 2018
LIVE HEALTHIER

FOR MORE INFORMATION

Annette Price
aaprice@seattleyymca.org
206-569-7010

Dale Turner Family YMCA
19290 Aurora Ave N.
Shoreline, WA 98133
206-363-0446
seattleyymca.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.

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00	Cycle - Power Pedal 5:00-5:45 Cycling Studio				Cycle - Power Pedal 5:00-5:45 Cycling Studio		
6:00	Cycle - Power Pedal 6:00-6:45 Cycling Studio		Cycle - Power Pedal 6:00-6:45 Cycling Studio		Cycle - Power Pedal 6:00-6:45 Cycling Studio		
	Yoga 6:00-7:00 Reflection Room		Yoga 6:00-7:00 Reflection Room		Yoga 6:00-7:00 Reflection Room		
			High Fitness® 6:00-7:00 Family Wellness Studio		Turbo Kick® Group Wellness Room 6:00-7:00		
6:15	Bootcamp 6:15-7:15 Group Wellness Studio		Bootcamp 6:15-7:15 Group Wellness Studio	Circuit Training 6:15-7:15 Group Wellness	Bootcamp 6:15-7:15 Family Wellness Studio		
7:00		Yoga 7:00-8:00 Reflection Room					
8:00	AOA Cardio Dance 8:15-9:15 Family Wellness Studio						
8:15	Yoga - All Levels 8:15-9:30 Reflection Room	Pilates Mat 8:15-9:15 Reflection Room	Enhance® Fitness 8:15-9:15 Group Wellness Studio	Pilates Mat 8:15-9:15 Reflection Room	Yoga - All Levels 8:15-9:30 Reflection Room	Bootcamp 8:15-9:30 Gym	
	Enhance® Fitness 8:15-9:15 Group Wellness Studio	Meditation 8:15-9:00 Family Wellness Studio		AOA Cardio Dance 8:15-9:15 Group Wellness	Enhance® Fitness 8:15-9:15 Group Wellness Studio		
8:45						Cycle 8:45-9:45 Cycling Studio	
9:00						Zumba® 9:00-10:00 Group Wellness Studio	
9:15						Hatha Yoga 9:15-10:30 Reflection Room	Above the Barre 9:15-10:15 Group Wellness
9:30	Turbo Kick® 9:30-10:30 Group Wellness Studio	Above the Barre 9:30-10:30 Group Wellness Studio	Step 9:30-10:30 Group Wellness Studio	Above the Barre 9:30-10:30 Group Wellness	Step 9:30-10:30 Group Wellness Studio		
	Cycle 9:30-10:30 Cycling Studio	Cycle 9:30-10:30 Cycling Studio	Cycle 9:30-10:30 Cycling Studio	Cycle 9:30-10:30 Cycling Studio	Cycle 9:30-10:30 Cycling Studio		
	TRX® - Express 9:30-10:15 Family Wellness Studio	TRX® 9:30-10:30 Family Wellness Studio	TRX® - Express 9:30-10:15 Family Wellness Studio	TRX® 9:30-10:30 Family Wellness			
		Bootcamp 9:30-10:30 Gym		Bootcamp 9:30-10:30 Gym			
		Pilates Mat 9:30-10:30 Reflection Room		Pilates Mat 9:30-10:30 Reflection Room			
9:45	Yoga - All Levels 9:45-11:00 Reflection Room		Yoga - Restorative 9:45-11:00 Reflection Room		Yoga - All Levels 9:45-11:00 Reflection Room		
					Family Yoga 9:45-10:45 Family Wellness Studio		
10:00	Dance Fitness 10:00-11:00 Gym		Dance Fitness 10:00-11:00 Gym		Dance Fitness 10:00-11:00 Gym		
10:15						Turbo Kick® 10:15-11:15 Group Wellness Studio	Yoga 10:15-11:30 Reflection Room
10:30	High Fitness® 10:30-11:30 Family Wellness Studio		STRONG by Zumba® 10:30-11:30 Family Wellness Studio		Barre - Express 10:30-11:00 Group Wellness Studio		Turbo Kick® 10:30-11:30 Group Wellness
							TRX® 10:30-11:30 Family Wellness
10:45	AOA Strength 10:45-11:30 Group Wellness Studio	AOA Strength 10:45-11:30 Group Wellness Studio	AOA Strength 10:45-11:30 Group Wellness Studio	AOA Strength 10:45-11:30 Group Wellness		Pilates Mat 10:45-11:45 Reflection Room	
	Pedaling for Parkinson's* 10:45-11:45 Cycling Studio	Prenatal Yoga Series* 10:45-11:45 Family Wellness Studio	Pedaling for Parkinson's* 10:45-11:45 Cycling Studio	Yoga - Gentle 10:45-11:45 Reflection Room	Pedaling for Parkinson's* 10:45-11:45 Cycling Studio		
		Yoga - All Levels 10:45-11:45 Reflection Room					
11:00					AOA Chair Yoga 11:00-12:00 Family Wellness Studio	STRONG by Zumba® 11:00-12:00 Family Wellness	

AM/	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11:30						Bootcamp 11:30-12:30 Group Wellness Studio	Core Strength 11:30-12:00 Group Wellness
11:45	Dance Fitness 11:45-12:45 Group Wellness Studio		Dance Fitness 11:45-12:45 Group Wellness Studio	Line Dancing 11:45-12:45 Group Wellness	Dance Fitness 11:45-12:45 Group Wellness Studio		
12:00	Yoga - Power 12:00-1:00 Reflection Room	Yoga 12:00-1:00 Reflection Room	Yoga - Power 12:00-1:00 Reflection Room	Yoga 12:00-1:00 Reflection Room	Yoga - Power 12:00-1:00 Reflection Room		
	Cycle 12:00-12:45 Cycling Studios	Cycle 12:00-12:45 Cycling Studios	Cycle 12:00-12:45 Cycling Studios		Cycle 12:00-12:45 Cycling Studios		
1:00	Tai Chi 1:00-2:00 Family Wellness Studio	Movement for Better Balance 1:00-2:00 Family Wellness	Tai Chi 1:00-2:00 Family Wellness Studio		Movement for Better Balance 1:00-2:00 Family Wellness Studio		
					Zumba Gold 1:15-2:00 Group Wellness		
2:00		LIVESTRONG* 2:00-3:30 Group Wellness Studio		LIVESTRONG* 2:00-3:30 Group Wellness			
				LIVESTRONG Alumni* 3:45-4:30 Group Wellness			
3:00							Yoga - Beginner 3:00-4:00 Reflection Room
4:15				TRX® - Express 4:15-5:00 Family Wellness			Yoga 4:15-5:30 Reflection Room
4:30		Above the Barre 4:30-5:30 Group Wellness Studio		Above the Barre 4:30-5:30 Group Wellness			
5:00	HIIT - Express 5:00-5:30 Group Wellness Studio	Yoga - Gentle 5:00-6:15 Reflection Room	HIIT - Express 5:00-5:30 Group Wellness Studio	Yoga - Gentle 5:00-6:15 Reflection Room	HIIT - Express 5:00-5:30 Group Wellness Studio		
5:30	Yoga 5:30-6:45 Reflection Room		Yoga 5:30-6:45 Reflection Room		Yoga - Family 5:30-6:45 Reflection Room		
	Cycle 5:30-6:30 Cycling Studio		Cycle 5:30-6:15 Cycling Studio				
5:45	Strength Training 5:45-6:45 Group Wellness Studio	Strength Training 5:45-6:45 Group Wellness Studio	Step 5:45-6:45 Group Wellness	Strength Training 5:45-6:45 Group Wellness	Step 5:45-6:45 Group Wellness		
					TRX® - Express 5:45-6:30 Family Wellness Studio		
6:00		Cycle 6:00-7:00 Cycling Studio					
6:30		Yoga Vinyasa 6:30-7:45 Reflection Room		Yoga 6:30-7:45 Reflection Room			
7:00	Yoga - All Levels 7:00-8:00 Reflection Room				Yoga - Advanced 7:00-8:00 Reflection Room		
	Zumba® 7:00-8:00 Group Wellness Studio	Turbo Kick® 7:00-8:00 Group Wellness Studio	Zumba® 7:00-8:00 Group Wellness Studio	Red Hot Dance Fitness™ 7:00-8:00 Group Wellness	Zumba® 7:00-8:00 Group Wellness Studio		
7:15			Pilates Mat 7:15-8:00 Reflection Room				
8:00		Yoga - Restorative 8:00-9:00 Reflection Room		Yoga - Fusion 8:00-9:00 Reflection Room			
		Strength - Express 8:00-8:30 Group Wellness					

AOA Cardio Dance: Tailored for older adults, this lively low impact workout combines fun dance movements to improve cardiovascular endurance, strength and flexibility.

AOA 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.

AOA Chair Yoga: Great for people with mobility of balance challenges, yoga poses are done standing near or seated in a chair.

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. Designed to be done barefoot, but not required.

Bootcamp: Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and other fun equipment.

Cycle: Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide range of exercise abilities.

Cycle Power Pedal: High intensity interval training for intermediate to advanced cyclists.

Cycle Endurance: Focus on endurance, strength, proper form and technique in this high intensity class.

Dance Fitness: Enjoy easy to learn dance choreography that gets your heart pumping to the latest hits, including hip hop, pop and more.

Dance Aerobics: This lively moderate low impact workout combines fun dance movements to improve endurance. Weights and resistance bands are used to build strength and flexibility.

EnhanceFitness®: Maintain health and function through dynamic cardiovascular exercise, strength training, balance, and flexibility. Helping active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.

High Fitness®: is a hardcore, fun fitness experience that combines simple, modern fitness techniques (i.e. HIIT, plyometrics, etc.) with music you know and love.

HIIT: High Intensity Interval Training is a great way to burn fat! Moderate intensity intervals are alternated with high intensity intervals for a full-body workout.

Line Dancing: Learn the popular line dances of the past and present. A great way to exercise both your mind and body. It's also a fun way to dance socially without needing a dance partner.

Mat Pilates: This class is designed to increase the 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.

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.

Moving for Better Balance: Improve your balance, mobility, walking and mental wellbeing in this adapted Tai Ji Quan program. You'll learn a variety of movements tailored to train, balance and control body movements for performing daily activities. Participants are encouraged to wear comfortable clothing and shoes. Chairs will be available.

Red Hot Dance Fitness™: Combines the hottest music with even hotter moves. Build confidence with easy to follow dance moves set to your favorite songs. An invigorating, exhilarating, liberating, and calorie burning dance party that will have you addicted from the first beat!

Step: Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.

Strength Training: Strengthen and tone your muscles using weights and other resistance equipment.

Strength Training Express: Strengthen and tone your muscles using weights and other resistance equipment in this 30 minute class.

Tai Chi: Tai Chi is a martial art that uses slow movements to promote health, circulation and relaxation. It concentrates on breathing, core muscle strength and harmony of the mind, body and spirit. This class is suitable for all levels.

TRX®: Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

TRX® Express: This is a high-intensity shortened class designed to increase strength and flexibility, burn calories and tone muscles. Express classes are shortened versions of full classes.

TRX® Conditioning: This class uses the TRX Suspension Trainer and other apparatus' to focus on strengthening and toning every muscle group.

Turbo Kick®: This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric burn.

YOGA CLASSES:

- **Core Yoga:** This class focuses on building strength through the core muscles, which are essential to a deepening yoga asana.
- **Family Yoga:** Have fun with your kids while gaining flexibility and strength.
- **Gentle Yoga:** This relaxing and energizing class takes traditional yoga poses and modifies them with an emphasis on a slower pace accompanied by the breathing and stilling the mind.
- **Hatha Yoga:** This class focuses on balancing through standing, seated, supine and prone postures
- **Power Yoga:** a fitness-based approach to yoga, balancing strength and flexibility for those with previous yoga experience.
- **Restorative Yoga:** A passive style of yoga with longer hold times. Allows for deeper relaxation and a calmer mind.
- **Yoga:** Explore the benefits of yoga, an ancient practice of relaxation, breathing techniques and exercise. Combat stress, improve circulation and enhance flexibility for greater overall health. Suitable for all levels.
- **Yoga for Chronic Conditions:** This class is for members with arthritis, MS, or other chronic conditions. The instructor will take time to help you modify poses taking your body and it's limitations into consideration.
- **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 Fusion:** Focus on strengthening the upper body and core and opening up the back, shoulders and hips.
- **Yoga 101:** Get an introduction to basic yoga poses at a comfortable place for beginners.

Zumba®: A Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

Zumba Gold: Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners!

STRONG by Zumba: STRONG by Zumba® combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move.

**Schedule may change without notice due to special events, training, maintenance or class needs. As a courtesy to others, please arrive to class on time. Those arriving 10 minutes late or more may be asked to leave by the instructor.*