

# GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - September 1 - 30



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Revised August 22, 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
<b>Strength &amp; Cond.</b> 5:35 - 6:00am Stacia	<b>Yoga - Vinyasa</b> 5:45 - 6:45am Tami	<b>Core Strength</b> 5:35 - 6:00am Carol	<b>Yoga - Vinyasa</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 Eddie	☺ <b>Step-Beginner</b> 8:30 - 9:25am Carol	<b>AOA - Circuit</b> 8:00 - 9:00am Carol	☺ <b>Step</b> 8:30 - 9:25am Eddie/Alissa	<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>Yoga - Vinyasa</b> 9:30 - 10:25am Sarah T.	<b>Salsa Fitness Gym</b> 8:00 - 8:45am 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>Strength &amp; Cond</b> 10:30 - 11:30am Amy	☺ <b>Above the Barre</b> 8:45 - 9:25am Brittney	☺ <b>Yoga - Vinyasa</b> 10:00 - 11:00am Sarah T.
	☺ <b>AOA - Chair Yoga</b> 12:00 - 1:00pm Sherry		☺ <b>AOA - Chair Yoga</b> 12:00 - 1:00pm Sherry	☺ <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>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 Catherine	☺ <b>Strength &amp; Cond.</b> 4:30 - 5:25pm Lindsay E.	☺ <b>Step</b> 4:30 - 5:25pm Marlo		<b>Oula®</b> 10:30 - 11:30am Sara C.
☺ <b>Zumba®</b> 5:30 - 6:30pm Reema	☺ <b>Zumba®</b> 6:00 - 6:55pm Renee	☺ <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 - Vinyasa</b> 6:35 - 7:35pm Lesley	☺ <b>Pilates - Mat</b> 7:00 - 8:00pm Paula	☺ <b>Above The Barre</b> 6:30 - 7:30pm Paula	☺ <b>Yoga - Vinyasa</b> 6:45 - 7:45pm Sarah T.	<b>Aerobics - Freestyle</b> 6:15 - 7:15pm Eric	<b>Yoga - Vinyasa</b> 5:00 - 6:00pm Kay

## WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	☺ <b>Yoga - Vinyasa</b> 9:00 - 10:00am Elena			☺ <b>Yoga - All Levels</b> 9:30 - 10:30am Jim	☺ <b>Yoga - Power Vinyasa</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>Aerobics - Freestyle</b> 6:30 - 7:30pm Eric	☺ <b>Yoga - Vinyasa</b> 5:30 - 6:30pm Katherine	☺ <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 Bethany		<b>Circuit Training</b> 5:45 - 6:25am Joanne	<b>TRX</b> 5:45 - 6:30am Lori		
☺ <b>TRX +</b> 8:45 - 9:45am Celesta	☺ <b>Circuit Training</b> 9:00 - 9:45am Saige	☺ <b>Pilates</b> 8:35 - 9:30am Paula	<b>TRX</b> 8:00 - 8:55am Celesta	<b>TRX +</b> 8:00 - 8:45 am Kathleen	☺ <b>TRX</b> 8:30 - 9:25am Jacq
☺ <b>TRX</b> 10:00 - 10:55am Celesta	☺ <b>Beginner Circuit Training</b> 11:00 - 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> 5:30 - 6:25pm Joanne	☺ <b>Circuit Training</b> 6:00 - 6:45pm Bethany			☺ <b>Circuit Training</b> 10:15 - 10:55am Jacq
☺ <b>TRX +</b> 6:30 - 7:15pm Saige		☺ <b>Pilates</b> 7:00 - 7:55pm Lauren	☺ <b>TRX</b> 7:00 - 7:45pm Saige		☺ <b>Open Time</b> 11:00am - 12:00pm Jacq

**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. NO SIGN UP REQUIRED FOR OPEN TIME.**

## 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> 7:30 - 8:15am Lori				
☺ <b>Cycle - All Levels</b> 9:30 - 10:30am Emily	☺ <b>Cycle - All Levels</b> 9:15 - 10:00am Celesta	☺ <b>Cycle - All Levels</b> 9:30 - 10:30am Alicia	☺ <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> 5:30 - 6:30pm David				

## 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
☺ <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 Maryann		
<b>Aqua Arthritis &amp; Injury</b> 1:00 - 1:45pm Rotates	<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>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/Rachael

## FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Strength &amp; Cond.</b> 5:45 - 6:30am Sonia		<b>Strength &amp; Cond.</b> 5:45 - 6:30am Sonia		<b>Strength &amp; Cond.</b> 5:45 - 6:30am Sonia	
<b>Yoga - Gentle</b> 7:45 - 8:45am Ozias		<b>AOA - Circuit</b> 8:30 - 9:30am Sherry		<b>Cycle - All Levels</b> 6:00 - 7:00am Lisa	
<b>AOA - Circuit</b> 8:30 - 9:30am Tish	<b>Pilates - Mat</b> 8:00 - 8:55am Paula	☺ <b>AOA - Chair Strength</b> 9:00 - 9:30am Jenny	<b>Pilates - Mat</b> 8:00 - 8:55am Carrie	<b>Yoga - All Levels</b> 7:45 - 8:45am Jim	<b>Cycle - All Levels</b> 8:10 - 9:00am David
☺ <b>AOA - Chair Strength</b> 9:00 - 9:30am Jenny	☺ <b>Pilates - Mat</b> 9:00 - 9:55am Paula	☺ <b>Yoga - Power Vinyasa</b> 9:30 - 10:30am Katherine	☺ <b>Pilates - Mat</b> 9:00 - 9:55am Carrie	<b>AOA - Circuit</b> 8:30 - 9:30am Sherry	<b>Tai Chi &amp; Qi Gong</b> 8:15 - 9:15am Greg
☺ <b>Cardio Mix</b> 9:30 - 10:00am Tish		☺ <b>Salsa Fitness</b> 9:30 - 10:00am Tish		☺ <b>AOA - Chair Strength</b> 9:00 - 9:30am Jenny	<b>Above The Barre</b> 8:15 - 9:15am Katherine L. & 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>Pilates - Mat</b> 9:35 - 10:30am Lauren	<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 - Vinyasa</b> 6:00 - 7:00pm Caitlyn	<b>Cycle - All Levels</b> 6:00 - 7:00pm Lisa	<b>Cycle - All Levels</b> 6:00 - 7:00pm Tara		
			<b>Above The Barre</b> 7:00 - 7:50pm Katherine L.		

- **YOGA AND TAI CHI CLASSES AT FAUNTLEROY ARE HELD IN THE SMALL CHAPEL.**
- **CYCLE CLASSES AT FAUNTLEROY ARE HELD IN THE GROUP CYCLE ROOM.**

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