

# GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - April 1-30



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Revised March 14, 2019

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 Edie	☺ <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 Edie/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 Jim	<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> 8:50 - 9:25am Tish	☺ <b>Yoga - Vinyasa</b> 10:00 - 11:00am Rotates
	☺ <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 &amp; Strength</b> 4:30 - 5:25pm Catherine	<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 Lesley	<b>Aerobics - Freestyle</b> 6:15 - 7:30pm Eric	<b>Yoga - Vinyasa</b> 5:00 - 6:00pm Kay

## WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	☺ <b>Yoga - All Levels</b> 9:00 - 10:00am Cindy			<b>Above The Barre</b> 5:45 - 6:45am Evan	☺ <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>Yoga - All Levels</b> 9:30 - 10:30am Jim	
☺ <b>Aerobics - Freestyle</b> 6:30 - 7:30pm Eric	☺ <b>Yoga - Vinyasa</b> 5:30 - 6:30pm Cindy	☺ <b>Yoga - Yin</b> 6:30 - 7:30pm Jim			

## 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 Lori	<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> 8:30 - 9:15 am Kathleen	☺ <b>TRX</b> 8:30 - 9:25am Rotates
☺ <b>TRX</b> 10:00 - 10:55am Celesta	☺ <b>Beginner Circuit Training</b> 11:00 - 11:45am Rotates	☺ <b>TRX</b> 10:00 - 10:55am Celesta	☺ <b>Circuit Training</b> 11:00 - 11:45am Sonia	☺ <b>TRX</b> 10:00 - 10:55am Kendal	☺ <b>Circuit Training</b> 9:30 - 10:10am Rotates
☺ <b>Circuit Training</b> 5:45 - 6:25pm Lindsay E.		☺ <b>TRX+</b> 11:00 - 11:45am Sanithia			☺ <b>Circuit Training</b> 10:15 - 10:55am Rotates
☺ <b>TRX+</b> 6:30 - 7:10pm Lori	☺ <b>TRX+</b> 5:30 - 6:25pm Joanne	☺ <b>Circuit Training</b> 6:00 - 6:45pm Bethany	☺ <b>Core Strength</b> 6:30 - 6:55pm Lori		☺ <b>Open Time</b> 11:00am - 12:00pm Rotates
☺ <b>Pilates</b> 7:15 - 7:55pm Kendal			☺ <b>TRX</b> 7:00 - 7:45pm Saige		

**QUEENAX CLASSES IN STUDIO 3 — MAX OF 10 PER CLASS. SIGN UP REQUIRED. SIGN UP SHEET AVAILABLE AT MEMBER SERVICES 30 MINUTES BEFORE SCHEDULED CLASS TIME. 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 Emily				
<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 Rotates		☺ <b>Cycle - All Levels</b> 5:30 - 6:30pm Elena		

## 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 Jogging</b> 8:15 - 8:55am Maryann		
	☺ <b>Aqua Fitness - Deep</b> 9:00 - 10:00am Michele		☺ <b>Aqua Fitness - Deep</b> 9:00 - 10:00am Laura		
<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 Jo	
	<b>Aqua Fitness - Mixed Depth</b> 7:35 - 8:25pm Rotates		<b>Aqua Fitness - Mixed Depth</b> 7:35 - 8:25pm Rachael		<b>SUNDAY</b>
					<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>Yoga - Power Vinyasa</b> 9:15 - 10:15am Katherine		☺ <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/ Evan
☺ <b>Cardio Mix</b> 9:30 - 10:00am 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>Strength &amp; Cond.</b> 10:05 - 10:35am Tish		<b>Yoga - Gentle</b> 5:45 - 6:45pm Jaki			
<b>Yoga - Gentle</b> 5:45 - 6:45pm Jaki	<b>Yoga - Vinyasa</b> 6:15 - 7:15pm Caitlyn	<b>Cycle - All Levels</b> 6:00 - 7:00pm Lisa	<b>Cycle - All Levels</b> 6:00 - 7:00pm Tara		
<b>Cycle - All Levels</b> 6:00 - 7:00pm Lisa			<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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