



# GROUP WELLNESS SCHEDULE

Updated April 1, 2019

Please try to arrive 5 minutes early to class.

KEY	
*	Registration Required
	New Class/Instructor
★	Beginners Welcome!
	PILOT CLASS!

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Group Wellness Studio One</b>						
6:00-7:00 AM Bootcamp (DeOnte)	8:15-9:15 AM Zumba@ (Marla)	8:00-9:00 AM Cardio Strength (Johnny)		6:00-7:00 AM Bootcamp (DeOnte)	8:30-9:30 AM Zumba@ (Aya)	10:05-11:15 AM All Levels Yoga (Jenni)
8:00-9:00 AM Cardio Strength (Deb) ★	9:30-10:30 AM Tai Chi (Nancy)	9:15-10:15 AM Active Older Adults Cardio (Lindsay)	9:15-10:15 AM Tai Chi: Moving for Better Balance (Nancy)	8:00-9:00 AM Cardio Strength (Deborah)	9:45-10:45 AM Step & Strength (Laurel) ★	11:15-12:00PM Meditation (Jenni) ★
9:15-10:15 AM Active Older Adults Cardio (Madi) ★	10:45-11:45 AM Active Older Adults Circuit (Philomena) ★	10:30-11:30 AM Active Older Adults Strength (Deb) ★	10:30-11:30 AM Mat Pilates (Pam) ★	9:15-10:15 AM Active Older Adults Cardio (Lindsey) ★		12:15-1:15 PM Zumba@ (Marla/Kristyna) ★
10:30-11:30 AM Active Older Adult Strength (Philomena) ★	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) ★	10:30-11:30 AM Active Older Adult Strength (Deb) ★	Monday Tuesday Wednesday	
12:00-1:00 PM Zumba (Hani) ★	5:45-6:45 PM Zumba@ (La'Chelle) ★	5:45-6:45 PM WOMENS' ONLY Strength & Conditioning (Jen) ★	5:45-6:45 PM Zumba@ (Lynne D) ★	5:30-6:30 PM Zumba@ (Marla/Ashley) ★		
7:00-8:00 PM Zumba@ (Lesley)	7:00-8:00 PM Strength and Conditioning (Jen)	7:00-8:00 PM Zumba@ (Jay/Lesley) ★	7:00-8:00 PM Zumba@ Toning (Marla)	7:00-8:00 PM Above the Barre (Emily F)		
<b>Group Wellness Studio Two</b>						
	6:00 - 7:00 AM Cycle & Core (Colleen)		6:00-7:00 AM Cycle & Core (Colleen)	8:30-9:15 AM Cycle (Lori)	8:15-9:15 AM Cycle (Tom) ★	
	10:30-11:30 AM Mat Pilates (Pam) ★			10:45-11:45 AM Cardio Strength (Melissa)		
	4:00-5:00 PM Family Recreation – Adaptive (Troy)					
6:00-8:00 PM Fit Kids (Family Programs)	5:30-6:30 PM Above the Barre (Emily)	6:00-8:00 PM Fit Kids (Family Programs)				
	6:45-7:45 PM Cycle (Tara) ★		6:45-7:45 PM Cycle (Kelly)			
<b>Reflection Studio</b>						
	7:00-8:00 AM Mat Pilates (Deb)		7:00-8:00 AM Mat Pilates (Deb)			
9:30-10:45 AM Yoga Pilates Fusion (Jenni) ★	8:15-9:15 AM Stretching (Deb) ★	9:30-10:45 AM Beginner Yoga (Jenni) ★	8:15-9:15 AM Stretching (Deb) ★		8:30-9:30 AM All Levels Yoga (Leah) ★	
	9:30-10:45 AM Active Older Adults Yoga (Jenni) ★	11:45-12:45 AM All Levels Yoga (Staff)	9:30-10:45 AM Active Older Adults Yoga (Jenni) ★	11:45-12:45 PM All Levels Yoga (Madi)	9:45-11:00 AM Vinyasa Yoga (Leah)	
	11:15-12:15 PM AOA Chair Yoga (Bonnie) ★		11:15-12:15PM AOA Chair Yoga (Bonnie) ★			
5:30-6:45 PM Vinyasa Yoga (Emily F)	5:45-6:45 PM Vinyasa Yoga (Alexis)	5:45-7:00 Beginner Yoga (Jenni) ★	4:00-5:15 PM Beginner Yoga (Jenni) ★			
7:00-8:00 PM Restorative Yoga (Emily F) ★	7:00-8:00 PM Beginner Yoga En Español & English (Alexis) ★	7:15-8:15 PM Women's Only Yoga (Jenni) ★	6:45-8 PM All Levels Yoga (Emily F)	5:30-6:30 PM Restorative Yoga (Emily F) ★		

## CLASS DESCRIPTIONS

### 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.

### 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.

### CARDIO STRENGTH

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

### CARDIO KICKBOXING

Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick and block your way to greater fitness!

### 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.)

### 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.

Learn basic hip hop steps, rhythms and body movements! Put it all together in great dance

### 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.

### FAMILY RECREATION- ADAPTIVE

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 exercises. 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.

### 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.

### TAI CHI: MOVING FOR BETTER BALANCE

Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. As the form is presented in a sequential manner, studying one movement each week, regular participation is preferable and registration is required.

### YOGA—ALL LEVELS

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- BEGINNERS

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

### 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-VINYASA

Vinyasa is all about using movement with breath to flow from one pose to the next. Build up your strength, stability and postural integrity while practicing mindfulness and breath awareness.

### YOGA-RESTORATIVE

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

### 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.mattgriffinyymca.org](http://www.mattgriffinyymca.org)

## CONTACT INFORMATION

MADI JOHNSON ASSIANT DIRECTOR, HEALTHY LIVING  
206 244 5880 or [madisonjohnson@seattleyymca.org](mailto:madisonjohnson@seattleyymca.org)