



GROUP WELLNESS SCHEDULE

APRIL 2019

New class/Class Time/Instructor Changed



DROP-IN MORNING CLASSES (INCLUDED WITH MEMBERSHIP)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	● Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	● Cycle-All Levels CR 5:30-6:30am Kathy	SAMMAMISHYMCA.ORG	
H.I.I.T. SG 5:30-6:30am Jana	Cycle-Express CR 6-6:45am Victoria	H.I.I.T. SG 5:30-6:30am Jana	Cycle-Express CR 6-6:45am Victoria	H.I.I.T. SG 5:30-6:30am Jana	<i>Everyone is welcome! The YMCA of Greater Seattle strengthens communities in King & South Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.</i>	
Yoga-Vinyasa RR 6-7am Jessica P	● Yoga-All Levels GF1 6-7am Jessica P	Yoga-Hatha RR 6-7am Jessica H	● Yoga-All Levels GF1 6-7am Jessica P	Yoga-Power Vinyasa RR 6:30-7:30am Victoria		
Strength Training - Express GF1 6:35am-7:05am Kathy		Strength Training - Express GF1 6:35am-7:05am Kathy	Strength Training - Express GF1 7:15am-8am Stephanie	Strength Training - Express GF1 6:35am-7:05am Kathy	Boot Camp SG 8:15-9:15am Bushra	
Walking Grp Outside 8-9am Vicki	Circuit Training SG 7:30-8:30am Vicki	Yoga-Vinyasa RR 8-9am Maribeth	Yoga-Vinyasa RR 8-9am Michelle	Core Strength GF1 6:30-7am Kathy	Cardio Strength GF1 8:15-9:15am Margaret	● ■ Yoga-Gentle GF1 8:15-9:15am Jessica H
Strength Training- Barbell Pump GF1 8:15-9:10am Diana	● Yoga-All Levels RR 8:15-9:15am Anitha	Strength Training- Barbell Pump GF1 8:15-9:10am Diana		Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Cycle-Power Pedal CR 8:30-9:30am Paul	● Cycle-All Levels CR 8:30-9:30am Teresa
Yoga-Vinyasa RR 8-9am Michelle	Aqua Fitness-Mixed Depth LP 8:30-9:30am Dominique	Aqua Fitness LP 8:30-9:30am Pat	Aqua Fitness-Mixed Depth LP 8:30-9:30am Dominique	● Cycle-All Levels CR 8:30-9:45am Tim	Pilates-Mat RR 8:30-9:15am Karen	Yoga-Power Vinyasa GF1 9:30-10:30am Jessica H
Aqua Fitness LP 8:30-9:30am Caitlin				Aqua Fitness LP 8:30-9:30am Pat	Zumba LG 9:30-10:30am Christina	Core Strength SG 9:45-10:15am Teresa
Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	Circuit Training SG 9-10am Vicki	Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	● Cycle-All Levels CR 9:15-10:15am Jake	Circuit Training SG 9-10am Avivit	● ■ Yoga-Vinyasa GF1 9:30-10:30am Jessica P	● Cycle-All Levels CR 10-11am Victoria
Yoga-Yin RR 9:15-10:15am Sheetal	● ■ Yoga-Gentle GF1 9:30-10:30am Sanjyot	Step & Strength GF1 9:30-10:45am Avivit	● ■ Yoga-Gentle GF1 9:30-10:30am Sanjyot	■ Above the Barre GF1 9:30-10:45am Margaret	Cycle-All Levels CR 9:45-10:45am Cornell	Zumba SG 10:30-11:30am Yang
Step & Strength GF1 9:20-10:35am Avivit	Cycle-Power Pedal CR 9:30-10:30am Paul	● Cycle-All Levels CR 9:30-10:45am Tim	H.I.I.T. Express SG 9:30-10am Jenny	Zumba Gold LG 9:30-10:25am Diana	● Yoga-All Levels GF1 10:45-11:45am Jessica P	Bollywood- Fitness GF1 10:45-11:30am Deepti
● Cycle-All Levels CR 9:30-10:45am Tim	● Nia RR 9:30-10:30am Randee	■ Pilates-Mat RR 9:30-10:30am Karen	● Nia RR 9:30-10:45am Alyson	■ Yoga-Vinyasa RR 9:30-10:30am Renee	Zumba Toning SG 10:45-11:45am Alisha	STRONG by Zumba GF1 11:45-12:45pm Yang
Zumba LG 9:45-10:45am Christina	STRONG by Zumba LGB 9:45-10:15pm Rachel	Zumba LG 9:45-10:45am Jessica	Zumba LG 9:45-10:45am Rachel	Boot Camp SG 10:30-11:30am Tim	Core Strength RR 11-11:30am Cornell	
Strength Training- Barbell Pump Express SG 9:45-10:30am Diana	Boot Camp SG 10:15-11:15am Riley	Core Strength LG 11-11:30am Tim	Total Body Conditioning SG 10:15-11am Vicki	STRONG by Zumba LGB 10:45-11:45pm Liz		
■ Pilates-Mat RR 10:30-11:30am Tarah	Zumba LG 10:30-11:30am Rachel	AOA-Strength GF1 11-12pm Vicki	● ■ Yoga-All Levels GF1 10:45-11:45am Sanjyot	AOA-Strength GF1 11-12pm Avivit		
Above the Barre GF1 10:50-11:50am Jamie	● ■ Yoga-All Levels GF1 10:45-11:45am Sanjyot	Boot Camp SG 11-12pm Jamie	● Yoga-Gentle RR 11-12pm Grace			
Boot Camp SG 11-12pm Tim	AOA-Cardio Fitness SG 11:30-12:30pm Avivit		Line Dancing SG 11:15-12:15pm Vicki			
Zumba Gold LG 11-11:55am Diana						

DROP-IN AFTERNOON AND EVENING CLASSES (INCLUDED WITH MEMBERSHIP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Arthritis & Injury AP 12-1pm Ralph	Aqua Arthritis & Injury AP 12-1pm Cheryl	Aqua Arthritis & Injury AP 12-1pm Cheryl	Aqua Arthritis & Injury AP 12-1pm Cheryl	Zumba SG 12-1pm Jessica
Core Strength GF1 12-12:30pm Avivit	Step GF1 12-1pm Jenny	Above the Barre Express GF1 12:15-1pm Jessica	Above the Barre GF1 12-1pm Margaret	AOA-Chair Yoga GF1 12:15-1pm Elaine
	Yoga-Vinyasa RR 12-1pm Tiffany	Yoga-Vinyasa RR 12-12:55pm Renee Meena	Meditation RR 12:15-12:45pm Grace	
Cycle-Express CR 12-12:45pm Mona	Meditation RR 1:15-1:45pm Hannah	Cycle-Express CR 12-12:45pm Tim	● Cycle-All Levels CR 12-1:15pm Tim	
			AOA-Chair Yoga RR 1-1:45pm Elaine	
			● AOA-Yoga Gentle RR 2-2:45pm Elaine	
Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	● Yoga-Gentle RR 4:15-5:15pm Jessica P	Yoga-Vinyasa RR 4:30-5:30pm Tiffany	
● Yoga-Family RR 5-6 pm Danielle		Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	
		Nia RR 5:30-6:30 pm Vicci	HIIT Express SG 6-6:45pm Bushra	● ■ Yoga-Gentle RR 6-7pm Anitha
Bollywood-Fitness GF1 6-6:45pm Sowmya	Total Body Conditioning SG 6-6:45pm Vicki	Boot Camp SG 5:45-6:45 pm Jake	Pilates-Mat GF1 6-7pm Teresa	
Boot Camp SG 6-6:45pm Megan	Yoga-Power Vinyasa RR 6:30-7:30pm Sheetal	Bollywood - Bootcamp GF1 6-6:45pm Deepti	Yoga-Power Vinyasa RR 6-7pm Sheetal	Cycle-Express CR 6:15-7pm Caitlin
● Cycle-Beginner CR 6:30-7:15pm Mike	● Cycle-All Levels CR 6:30-7:45pm Caitlin	● Cycle-Beginner CR 6:30-7:15pm Mike	● Cycle-All Levels CR 6:30-7:45pm Mona	
Zumba SG 7-8pm Liz	Zumba SG 7-8pm Jean	Zumba Toning SG 7-8pm Alisha ●	Bollywood-Fitness SG 7:15-8:15pm Deepti	
Above the Barre GF1 7-8pm Jamie	Pilates-Mat GF1 7:15-8:15pm Kate	Above the Barre GF1 7-8pm Victoria H	Above The Barre GF1 7:15-8:15pm Jessica	Zumba GF1 7-8pm Liz
Aqua Zumba LP 7-8pm Jean		Aqua Fitness LP 7-8pm Katia	Yoga-Yin RR 7:15-8:15pm Janet	

ROOM KEY				CLASS AGES	CHALLENGE LEVELS	
GF1 -Group Fitness 1	CR -Cycle Room	SG -Small Gym	AP -Activity Pool	All Classes :14+ (Ages 10-13 with Adult Supervision)	● Beginner	■ Ticket required to reserve space in class. Pick up ticket when you check-in at the front desk.
RR -Reflection Room	LS -Loft Space	LG -Large Gym	LP -Lap Pool	Family Classes: Ages 8+		

HEALTH ENHANCEMENT PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS DESCRIPTION
<ul style="list-style-type: none"> ● Lose to Win Rotary Room 10am-11am 1/28 - 4/15 Next series starts 4/29 	<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30pm-2:30pm 		<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30pm-2:30pm 		<p>Dance - Adaptive: Designed for those with developmental challenges, this dance class mixes musical, physical, and social components, providing a non-threatening environment in which participants can develop new skills.</p> <p>Enhance@Fitness: Helps active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.</p> <p>LIVESTRONG® at the YMCA: This small-group 12-week training program helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.</p> <p>Lose To Win: Members will learn strategies to achieve and maintain their desired weight by establishing accountability, planning, and problem solving while receiving support from the group and their lifestyle coach.</p> <p>Moving For Better Balance: Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program.</p> <p>Pedaling For Parkinson's: Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.</p> <p>Yoga - Adaptive: Designed for those with developmental challenges, this yoga class improves circulation and enhances flexibility through gentle poses.</p>
<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15pm-2:15pm M W 1/28 - 5/1 Teresa/Grace 	<ul style="list-style-type: none"> ● Dance-Adaptive GF1 1:45pm-2:30pm Teresa 	<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15pm-2:15pm M W 1/28 - 5/1 Teresa/Grace 	<ul style="list-style-type: none"> ● Yoga - Adaptive GF1 1:45pm-2:30pm Anitha 		
<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm M W F 3/4 - 6/28 		<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm M W F 3/4 - 6/28 		<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm M W F 3/4 - 6/28 	
		<ul style="list-style-type: none"> ● Lose to Win Rotary Room 7pm-8pm 1/30 - 4/17 Next series starts 4/24 			

★ FEE-BASED SMALL GROUP CLASS SCHEDULE

Classes occurs every week of the month, unless noted otherwise

Fee-based. Registration is required. Cost varies for each class. Please see Member Service for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> ★ Pilates Reformer RR 11:45am-12:45pm Tarah 4/1 - 4/29 Next session starts 5/6 	<ul style="list-style-type: none"> ★ TRX LS 5pm-6pm Mona 4/2 - 4/30 Next session starts 5/7 	<ul style="list-style-type: none"> ★ Women on Weights LS 12pm-1pm Mona 3/6 - 4/24 Next session starts 5/1 			<ul style="list-style-type: none"> ★ Pilates Reformer RR 9:30am-10:30am Karen 4/6-4/27 Next session starts 5/4
	<ul style="list-style-type: none"> ★ Ballroom & Swing GF1 6pm-7pm Teresa 4/2 - 4/30 	<ul style="list-style-type: none"> ★ Women on Weights LS 6:30pm-7:30pm Mona 3/6 - 4/24 Next session starts 5/1 			
<p>Ballroom & Swing: In this monthly series, you will learn basic ballroom and swing step patterns and how to lead and follow. It is a fun opportunity to meet others in a relaxed atmosphere.</p> <p>Pilates Reformer: This monthly series is designed with your specific needs in mind. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. In this small group setting, you will develop stronger, leaner muscles and increase your overall flexibility</p>			<p>TRX: In this 4-week class, you will learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.</p> <p>Women On Weights: This 8-week series is tailored for women, using various free weight equipment. You will learn how to put together a strength training program, how to properly use free weights, and how to manage your progression.</p>		

ROOM KEY				CLASS AGES	CHALLENGE LEVELS		
GF1-Group Fitness 1	CR-Cycle Room	SG-Small Gym	AP-Activity Pool	All Classes :14+ (Ages 10-13 with Adult Supervision)	● Beginner	● No-fee for members, registration required - see Member Services for information.	★ Fee-based, registration required - see Member Services for information.
RR-Reflection Room	LS-Loft Space	LG-Large Gym	LP-Lap Pool	Family Classes: Ages 8+	◆ Challenging		● Referral required. Contact Stephanie at snortonbredl@seattleyymca.org.