



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE CLASS SCHEDULE

Facility Improvement Week JUNE 17 – JUNE 23, 2019

All Times Subject to Change

MONDAY, JUNE 17	TUESDAY, JUNE 18	WEDNESDAY, JUNE 19	THURSDAY, JUNE 20	FRIDAY, JUNE 21	SATURDAY, JUNE 22	SUNDAY, JUNE 23
H.I.I.T. 5:30am-6:30am Jana CWU Gym	Yoga-All Levels 6am-7am Jessica P CWU Gym	H.I.I.T. 5:30am-6:30am Jana CWU Gym	Yoga-All Levels 6am-7am Jessica P CWU Gym	H.I.I.T. 5:30am-6:30am Jana CWU Gym	Yoga 9:30am-10:30am Jessica P CWU Room	Boot Camp 8:15am-9:15am Bushra Outside Sammamish YMCA
Yoga-Vinyasa 7am-8am Jessica P CWU Gym	Circuit Training 7:30am-8:30am Vicki CWU Gym	Yoga-Vinyasa 8am-9am Maribeth Outside Sammamish YMCA	Strength Training 7:15am-8am Stephanie Outside Sammamish YMCA	Yoga-Vinyasa 9:30am-10:30am Renee CWU Gym	Yoga 10:45am-11:45am Jessica P CWU Room	Yoga-Gentle 8:15am-9:15am Jessica H CWU Gym
Walking Grp 8am-9am Vicki Outside Sammamish YMCA	STRONG by Zumba 9:45am-10:15pm Rachel CWU Gym	Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	H.I.I.T. Express 9:30am-10am Jenny Outside Sammamish YMCA	STRONG by Zumba 10:45am-11:45pm Liz Outside Sammamish YMCA	★ Preschool Skills & Drills Basketball 9am-9:30am CWU Gym	Bollywood 10:45am-11:30am Deepti Outside Sammamish YMCA
Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	Boot Camp 10:15am-11:15am Riley Outside Sammamish YMCA	Pilates-Mat 9:30am-10:30am Karen Outside Sammamish YMCA	Zumba 9:45am-10:45am Rachel CWU Gym	AOA-Strength 11am-12pm Avivit CWU Gym	★ Youth Skills & Drills Basketball 9:45am-10:45am CWU Gym	
Zumba 9:45am-10:45am Christina Outside Sammamish YMCA	Zumba 10:30am-11:30am Rachel CWU Gym	Zumba 9:45am-10:45am Jessica CWU Gym			★ Youth Skills & Drills Basketball 11am-12pm CWU Gym	
Boot Camp 11am-12pm Tim CWU Gym	AOA-Cardio Fitness 11:45am-12:45pm Avivit CWU Gym					
Core Strength 12:15pm-12:45pm Avivit CWU Gym	Open Gym—Teen 3pm-5pm CWU Gym	Yoga-Gentle 4:15pm-5:15pm Jessica P CWU Gym	★ Youth Skills & Drills Basketball 6:15pm-7:15pm CWU Gym	Zumba Party 7pm-8:30pm CWU Gym		
Yoga-Family 5pm-6pm Danielle Outside Sammamish YMCA	Badminton - Adult 7:30pm-10pm CWU Gym	Nia 5:30pm-6:30pm Vicci CWU Gym	Badminton - Adult 7:30pm-10pm CWU Gym		Location legends: CWU Gym/Room: Address: 120 228th Ave SE, Sammamish, WA 98075 Outside Sammamish YMCA: Address: 831 228th Ave SE, Sammamish, WA 98075 Outside classes will meet in front of the building / near the outdoor seating area. Instructors will direct members on where to go from there.	
Above the Barre 7pm-8pm Jamie Outside Sammamish YMCA		Bollywood 6pm-6:45pm Deepti Outside Sammamish YMCA				
Basketball - Adult 7pm-9pm CWU Gym		Open Gym -Teen 7:30pm-9:30pm CWU Gym				