



# GROUP WELLNESS SCHEDULE

## MAY 1–JUNE 16, 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	<b>SAMMAMISHYMCA.ORG</b>	
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		
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		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 Victoria
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 8:30-9:30am Karen	Yoga-Power Vinyasa GF1 9:30-10:30am Jessica H
Aqua Fitness LP 8:30-9:30am				Aqua Fitness LP 8:30-9:30am Pat	Zumba LG 9:30-10:30am Christina	Core Strength SG 9:45-10:15am Victoria
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 <i>Classes run in May only</i>
Yoga-Yin RR 9:15-10:15am Sheetal	● ■ Yoga-Gentle GF1 9:30-10:30am Sanjyot	Step & Strength GF1 9:30-10:45am Jenny	● ■ 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 Jenny	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	<b>Separate Group Wellness schedule for Closure Week June 17- June 23 will be available</b>	
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						Updated 5/20/2019

## 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 Cynthia	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+ (Ages10-13 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"> <li>● Lose to Win Rotary Room 10am-11am 4/29 - 7/29</li> </ul>	<ul style="list-style-type: none"> <li>● Pedaling For Parkinson's CR 1:30pm-2:30pm</li> </ul>		<ul style="list-style-type: none"> <li>● Pedaling For Parkinson's CR 1:30pm-2:30pm</li> </ul>		<p><b>Dance - Adaptive:</b> 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><b>Lose To Win:</b> 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><b>Moving For Better Balance:</b> Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program.</p> <p><b>Pedaling For Parkinson's:</b> Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.</p> <p><b>Yoga - Adaptive:</b> Designed for those with developmental challenges, this yoga class improves circulation and enhances flexibility through gentle poses.</p>
<ul style="list-style-type: none"> <li>● Moving For Better Balance Alumni RR 1:15pm-2:15pm Teresa/Grace</li> </ul>	<ul style="list-style-type: none"> <li>◆ Dance-Adaptive GF1 1:45pm-2:30pm Teresa</li> </ul>	<ul style="list-style-type: none"> <li>● Lose to Win Rotary Room 7pm-8pm 4/24 - 7/17</li> </ul>	<ul style="list-style-type: none"> <li>◆ Yoga - Adaptive GF1 1:45pm-2:30pm Anitha</li> </ul>		

## ★ 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"> <li>★ Pilates Reformer RR 11:45am-12:45pm Tarah May series: 5/6 - 5/20 June series: n/a</li> </ul>	<ul style="list-style-type: none"> <li>★ Strength &amp; TRX HLC 5pm-6pm Mona May series: 5/7 - 5/28 June series: 6/4 - 6/25</li> </ul>	<ul style="list-style-type: none"> <li>★ Women on Weights HLC 12pm-1pm Mona 5/1 - 6/26 Next series starts 7/3</li> </ul>			<ul style="list-style-type: none"> <li>★ Pilates Reformer RR 9:45am-10:45am Karen May series: 5/4 - 5/18 June series: 6/1 - 6/29</li> </ul>
	<ul style="list-style-type: none"> <li>★ Ballroom &amp; Swing GF1 6pm-7pm Teresa May series: 5/7 - 5/28 Ballroom Party 6/11</li> </ul>	<ul style="list-style-type: none"> <li>★ Women on Weights HLC 6pm-7pm Mona 5/1 - 6/26 Next series starts 7/3</li> </ul>			
	<ul style="list-style-type: none"> <li>★ Women on Weights Advanced HLC 6pm-7pm Mona 5/7 - 5/28 Next series starts 7/2</li> </ul>				
<p><b>Ballroom &amp; Swing:</b> 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><b>Pilates Reformer:</b> 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><b>Strength &amp; TRX:</b> Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.</p>			<p><b>Women On Weights:</b> Women on Weights is a women's strength training class using various training modalities including kettlebells, barbells, dumbbells and more! This class will focus on improving joint mobility, building strength and improving posture. Participants will learn new lifting techniques to improve their overall strength for everyday life!</p> <p><b>Women On Weights Advanced:</b> Women on Weights is a women's strength training class using various training modalities including kettlebells, barbells, dumbbells and more! This class will focus on improving joint mobility, building strength and improving posture. Participants will learn advanced lifting techniques to improve their overall strength for everyday life!</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.	◆ Referral required. Contact Stephanie at snortonbredl@seattleymca.org.
RR-Reflection Room	HLC-Healthy Living Center	LG-Large Gym	LP-Lap Pool	Family Classes: Ages 8+	◆ Challenging			