

GROUP EXERCISE DROP-IN SCHEDULE

WEST SEATTLE YMCA - September 1-30



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Revised August 23, 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
Strength & Cond. 5:35 - 6:00am Stacia	Yoga - Vinyasa 5:45 - 6:45am Tami	Core Strength 5:35 - 6:00am Carol	Yoga - Vinyasa 5:45 - 6:45am Tami	Strength & Cond. 5:35 - 6:00am Carol	
Step 6:00 - 6:55am Stacia		Step 6:00 - 7:00am Carol		Step 6:00 - 6:55am Carol	
☺ Step 8:30 - 9:25am Eddie		AOA - Circuit 8:00 - 9:00am Carol	☺ Step 8:30 - 9:25am Eddie/Alissa	Yoga - All Levels 7:00 - 8:00am Lesley	Step 7:45 - 8:45am Carol/Stacia
☺ Above the Barre 9:30 - 10:30am Paula	☺ Step 9:30 - 10:25am Mia	☺ Bollywood Boot Camp 9:30 - 10:30am Allison	☺ Yoga - Vinyasa 9:30 - 10:25am Sarah	Salsa Fitness Gym 8:00 - 8:45am Tish	☺ Dance Fitness 8:55 - 9:55am Amy/Suz/Allison
☺ AOA - Strength 10:45 - 11:45am Maria	☺ Strength & Cond. 10:30 - 11:30am Amy	☺ AOA - Strength 10:45 - 11:45am Maria	☺ Strength & Cond 10:30 - 11:30am Amy	☺ Above the Barre 8:45 - 9:25am Brittney	☺ Yoga - Vinyasa 10:00 - 11:00am Sarah
	☺ AOA - Chair Yoga 12:00 - 1:00pm Sherry		☺ AOA - Chair Yoga 12:00 - 1:00pm Sherry	☺ Step 9:30 - 10:25am Alissa	☺ Zumba® 11:15 - 12:15pm Kam/June
Yoga - Gentle 1:30 - 2:30pm Laura		Yoga - Gentle 1:30 - 2:30pm Laura		☺ AOA - Chair Yoga 10:45 - 11:45am Sherry	
☺ Strength & Cond. 4:30 - 5:25pm Lindsay E.	☺ Step & Strength 4:30 - 5:25pm Catherine	☺ Strength & Cond. 4:30 - 5:25pm Lindsay E.	☺ Step 4:30 - 5:25pm Marlo	Yoga - Gentle 1:30 - 2:30pm Laura	Oula® 10:30 - 11:30am Sara C.
☺ Zumba® 5:30 - 6:30pm Reema	☺ Strength & Cond. 5:30 - 5:55pm Catherine	☺ Insanity® 5:30 - 6:25pm Lindsay E.	☺ Zumba® 5:30 - 6:30pm Reema		Zumba® 3:45 - 4:45pm Kam
☺ Yoga - Vinyasa 6:35 - 7:35pm Lesley	☺ Zumba® 6:00 - 6:55pm Renee	☺ Above The Barre 6:30 - 7:25pm Paula	☺ Yoga - Vinyasa 6:45 - 7:45pm Elena	Aerobics - Freestyle 6:15 - 7:30pm Eric	Yoga - Vinyasa 5:00 - 6:00pm Kay
	☺ Pilates - Mat 7:00 - 8:00pm Paula	Oula 7:30 - 8:30pm Sara C.			

SUNDAY

WEST SEATTLE YMCA: STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
☺ Pilates - Mat 8:35 - 9:30am Carrie - Begins 9/16	☺ Yoga - All Levels 9:00 - 10:00am Cindy			Above The Barre 5:45 - 6:45am Evan	☺ Yoga - Power Vinyasa 9:00 - 10:00am Michelle
	☺ Core Strength 10:15 - 10:45am Celesta		☺ Core Strength 10:15 - 10:45am Celesta	☺ Yoga - All Levels 9:30 - 10:30am Jim	
☺ Aerobics - Freestyle 6:30 - 7:30pm Eric	☺ Yoga - Vinyasa 5:30 - 6:30pm Cindy	☺ Yoga - Yin 6:30 - 7:30pm Jim			

WEST SEATTLE YMCA: STUDIO 3 - QUEENAX

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Circuit Training 5:45 - 6:25am Bethany		Circuit Training 5:45 - 6:25am Lori	TRX 5:45 - 6:30am Lori		
☺ TRX + 8:45 - 9:45am Celesta	☺ Circuit Training 9:00 - 9:45am Saige	☺ Pilates 8:35 - 9:30am Paula	TRX 8:00 - 8:55am Celesta	TRX + 8:30 - 9:15 am Rotates	☺ TRX 8:30 - 9:25am Lori
☺ TRX 10:00 - 10:55am Celesta	☺ Circuit Training 11:00 - 11:45am Rotates	☺ TRX 10:00 - 10:55am Celesta	☺ Circuit Training 11:00 - 11:45am Sonia	☺ TRX 10:00 - 10:55am Rotates	☺ Circuit Training 9:30 - 10:10am Lori
		☺ TRX+ 11:00 - 11:45am Sanithia			☺ Circuit Training 10:15 - 10:55am Lori
☺ Circuit Training 5:45 - 6:25pm Lindsay E.	☺ TRX+ 5:30 - 6:25pm Rotates		☺ Core Strength 6:30 - 6:55pm Lori		☺ Open Time 11:00am - 12:00pm Lori
☺ TRX + 6:30 - 7:10pm Lori		☺ Circuit Training 6:00 - 6:45pm Bethany	☺ TRX 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
	Cycle - All Levels 6:00 - 6:45am Emily				
Cycle - All Levels 8:00 - 8:45am Helen	Cycle - All Levels 7:00 - 7:45am Lori				
☺ Cycle - All Levels 9:30 - 10:30am Emily	☺ Cycle - All Levels 9:15 - 10:00am Celesta	☺ Cycle - All Levels 9:30 - 10:30am Alicia	☺ Cycle - All Levels 9:15 - 10:00am Celesta	☺ Cycle - All Levels 9:30 - 10:30am David	☺ Cycle - All Levels 9:30 - 10:30am Shalimar
	☺ Cycle - All Levels 5:30 - 6:30pm Ali				

WEST SEATTLE YMCA: POOL - WATER FITNESS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy/Dana		Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy		
☺ Aqua Fitness 8:30 - 9:25am Dan	Aqua Fitness 8:15 - 8:55am Maryann	☺ Aqua Fitness 8:30 - 9:25am Helen	Aqua Fitness 8:15 - 8:55am Amy	☺ Aqua Fitness - Mixed Depth 8:30 - 9:25am Dan/Helen/Maryann	Aqua Fitness - Mixed Depth 8:30 - 9:25am Dan/Donna
☺ Aqua Fitness - Deep 8:30 - 9:15am Dana	Aqua Jogging 8:15 - 8:55am Amy	☺ Aqua Fitness - Deep 8:30 - 9:25am Dan	Aqua Jogging 8:15 - 8:55am Maryann		
	☺ Aqua Fitness - Deep 9:00 - 10:00am Michele		☺ Aqua Fitness - Deep 9:00 - 10:00am Laura		
Aqua Arthritis & Injury 1:00 - 1:45pm Rotates	Aqua Arthritis & Injury 1:00 - 1:45pm Rotates	Aqua Arthritis & Injury 1:00 - 1:45pm Rotates	Aqua Arthritis & Injury 1:00 - 1:45pm Sean	Aqua Arthritis & Injury 1:00 - 1:45pm Jo	
	Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rotates		Aqua Fitness - Mixed Depth 7:35 - 8:25pm Rachael		

FAUNTLEROY YMCA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. 5:45 - 6:30am Sonia		Strength & Cond. 5:45 - 6:30am Sonia		Strength & Cond. 5:45 - 6:30am Sonia	
Yoga - Gentle 7:45 - 8:45am Ozias		AOA - Circuit 8:30 - 9:25am Sherry		Cycle - All Levels 6:00 - 7:00am Lisa	
AOA - Circuit 8:30 - 9:25am Tish	Pilates - Mat 8:00 - 8:55am Paula	☺ AOA - Chair Strength 9:00 - 9:25am Jenny	Pilates - Mat 8:00 - 8:55am Kendal	Yoga - All Levels 7:45 - 8:45am Jim	Cycle - All Levels 8:10 - 9:00am David
☺ AOA - Chair Strength 9:00 - 9:25am Jenny	☺ Pilates - Mat 9:00 - 9:55am Paula	☺ Yoga - Power Vinyasa 9:30 - 10:30am Katherine	☺ Pilates - Mat 9:00 - 9:55am Kendal	AOA - Circuit 8:30 - 9:25am Sherry	Above The Barre 8:15 - 9:15am Katherine L/ Evan
☺ Yoga - Power Vinyasa 9:15 - 10:15am Katherine		☺ Salsa Fitness 9:30 - 10:00am Tish		☺ AOA - Chair Strength 9:00 - 9:25am Jenny	Yoga - Intermediate 9:30 - 10:30am Suchana
☺ Cardio Mix 9:30 - 10:00am Tish	☺ Zumba® 10:00 - 10:45am Tish	☺ Above The Barre 10:05 - 10:50am Tish	☺ Zumba® 10:00 - 10:45am Maria	☺ Pilates - Mat 9:35 - 10:30am Lauren	
☺ Strength & Cond. 10:05 - 10:35am Tish		Yoga - Gentle 5:45 - 6:45pm Jaki			
Yoga - Gentle 5:45 - 6:45pm Jaki	Yoga - Vinyasa 6:15 - 7:15pm Caitlyn	Cycle - All Levels 6:00 - 7:00pm Lisa			
Cycle - All Levels 6:00 - 7:00pm Lisa			Above The Barre 7:00 - 7:50pm Katherine L.		

- **YOGA CLASSES AT FAUNTLEROY ARE HELD IN THE SMALL CHAPEL.**
- **CYCLE CLASSES AT FAUNTLEROY ARE HELD IN THE GROUP CYCLE ROOM.**

WEST SEATTLE YMCA
3622 SW Snoqualmie St.
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FAUNTLEROY YMCA
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August 23, 2019