



SEPTEMBER 2019

Drop-in Group Exercise Schedule

The classes listed on this KENT YMCA group exercise schedule are free to facility members on a drop-in, first come first served basis. Classes are subject to change based upon instructor availability. Non-members may pay the daily facility fee or use a guest pass to attend: www.KentYMCA.org
Updated: September 14, 2019

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. Meant to be done barefoot, but not required.

ADAPTIVE RECREATION

Created to bring together kids and families with and without disabilities to participate in physical activity. This class emphasizes skill development, team building, fitness, and fun. For youth with IEP or 504 plan.

AOA CHAIR STRENGTH

Have fun and move to the music through a variety of exercises designed to increase strength, range of motion and activity for daily living skills. Light weights, bands and exercise balls are offered for resistance and a chair is used for seated and/or standing support.

AOA CARDIO AND STRENGTH

Combine fun with fitness to increase your cardiovascular endurance. 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.

AQUA FITNESS

A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

CARDIO KICKBOXING

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

CARDIO HIP HOP

Bust a move, break a sweat and have the most fun you can in a lunch hour. Great music and instruction will inspire you to find your inner dancer. This is a fun class!

CARDIO H.I.I.T.

High Intensity Interval Training combines a variety of high intensity circuits to challenge your fitness level, tone your muscles and burn calories.

CARDIO STRENGTH

This high energy class will appeal to a wide-range of exercisers. This is a fun class that utilizes body bars, dumbbells and resistance bands.

CYCLE-45

This 45-minute class focuses on interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

CYCLE-ALL LEVELS

An effective and non-impact cardio work-out. The class is accessible to a wide-range of exercise abilities.

H.I.I.T. (High Intensity Interval Training)

A class in which you give all-out, one hundred percent effort through quick, intense bursts of exercise, followed by short, sometimes active, recovery periods. This high intensity class will use weights, TRX, core exercises, cardio and other equipment getting your heart rate to peak performance to burn fat.

HIP HOP CYCLE

High intensity training on the bike alternating with hip hop dance movements.

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.

PEDALING FOR PARKINSON'S

This tandem cycling class is for individuals with Parkinson's disease. Participants pedal at a standardized pace during the class. This activity has been shown to decrease symptoms of the disease.

OULA® DANCE FIT

This is a high-energy, easy to learn, calorie burning, crazy-fun dance workout to Top 40 hits. Classes are one epic hour of sweat, joy and total inspiration! Dance mania for the soul! bones and joints.

TOTAL BODY CONDITIONING

This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. This class Challenges your muscles by constantly switching up the intensity using weights, balls, bands, body bars and other equipment.

WOMEN'S ONLY CARDIO AND STRENGTH

Creating an inclusive environment, this full body work out combines cardio and strength training. Beginners and athletes alike will enjoy this class that creates a comfortable and nurturing environment, and is completely private, just for females.

YOGA- BEGINNER

Learn the basics of yoga postures, breathing and meditation while working towards increased flexibility, strength and overall body awareness.

YOGA-ALL LEVELS

This 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

Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

YOGA-POWER

Powerful energetic flow, where students fluidly transition from one pose to the next using breath to movement technique. Class designed for all levels. Good compliment to your strength and cardio workouts.

ZUMBA®

A Latin-inspired dance class! Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.

ZUMBA GOLD®

Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners!

ZUMBA STRONG®

A Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels. This class is the HIIT version of traditional Zumba®.

STUDIO 7 - COMPETE

Develop functional strength and fitness with high intensity workouts that will help you move more efficiently, lift better and feel healthier in life. If you love training variety, enjoy strength training, and appreciate intense workouts that you'll feel the next day, this program is for you!

STUDIO 7 - IGNITE

Make this your most productive hour of the day! Studio Ignite workouts are fast-paced HIIT sessions that combine self-powered cardio intervals with innovative functional movements which vary each week.

STUDIO 7 - OPTIMIZE

Reprogram your body by optimizing motion so you can feel your best. Whether your goal is to retain functionality as you age, regain your confidence after an injury, or start exercising safely and regularly, this program offers training to help you today and well into the future.

STUDIO 7 - RESTORE

Physical, emotional and work stressors all take a toll on our bodies. Give yourself a 30-minute gift of recovery to help restore and nourish your body with strategies such as trigger point, self-massage, stretching, dynamic integration movements, and relaxation techniques. This program is suitable for everyone.

STUDIO 7 - PLAY

If you are in it to win it, this is the program for you! These game-based workouts alternate between collaborative fitness challenges, partner games, and breaking personal bests. Studio Play promises to push you without feeling like a workout.

STUDIO 7 - LEAN

Transform your body and gain confidence in a likeminded community. Burn calories, increase strength and improve your fitness with fast-paced workouts that bring a creative twist to exercises you know and love. Start with a cardio circuit, and then build strength endurance with the perfect balance of weights, suspension fitness and bands. Move at your own pace while you train alongside others who share your motivation!

STUDIO 7 - PERFORM

Train inside to be better outside! These seasonal workouts focus on the fundamentals of your sport so you can drive real change in your performance. Workouts focus on sport-specific injury prevention, power development, and strength and stamina improvement.

NEED MORE INFORMATION OR HAVE QUESTIONS?

MADI JOHNSON, HEALTHY LIVING DIRECTOR
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Schedule is subject to change without notice



GROUP EXERCISE SCHEDULE

STUDIO 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Bootcamp 5:30-6:15 AM Colin	Cardio Strength 6:30-7:30 AM Diane	Bootcamp 5:30-6:15 AM Colin	Bootcamp 8:15-9:15 AM Sandy	Cardio Strength 6:30-7:30 AM Diane	
Bootcamp 8:15-9:15 AM Sandy	Zumba © 9:15-10:15 AM Susan		H.I.T.T 9:00-10:00 AM Melissa		Zumba © 9:15-10:15 AM Susan
H.I.T.T Express 9:30-10:15 AM Jamie	Zumba Gold © 11:00-12:00 PM Takako	Total Body Conditioning 9:30-10:15 AM Jamie		Oula Power 9:15-10:15 AM Anna	Strength Training: Barbell Pump 10:30-11:30 AM Ariana
AOA—Cardio and Strength 10:30-11:15 AM Madi	AOA—Chair Strength 1:00-2:00 PM Robyn * starting 10/1	AOA—Cardio and Strength 10:30-11:30 AM Lindsey	Beginner Pickle Ball Skills and Drills 11:00-12:00 PM Jim *starting 10/1 GYM: COURT 2	Above the Barre 10:30-11:30 AM Anastacia	SUNDAY
Hip Hop Dance for Kids* 5:00-5:30 PM Kendra	Cardio Kickboxing 4:30-5:30 PM Melissa	Women's Only Zumba © 11:45-12:45 PM Madi	Zumba © 11:45-12:45 PM Susan	AOA—Chair Strength 11:45-12:45 PM Anastacia	
Hip Hop Cardio 5:45-6:45 PM Kendra	Women's Only Zumba © 5:45-6:45 Takako	Cardio Kickboxing 5:30-6:30 PM Jamie	AOA—Chair Strength 2:00-3:00 PM Robyn * starting 10/1		Zumba Strong© 10:30-11:30 AM Grace
Zumba Strong © 7:00-7:55 PM Erica	Bootcamp 5:45-6:45 PM GYM: COURT 2 Justin *starting 10/1	Strength Training 6:45-7:45 PM Anastacia	Women's Only— Cardio Strength 5:45-6:45 PM Ariana	Bootcamp 5:30-6:30 PM Justin *Starting 10/1	Zumba© 11:45-12:45 AM Grace
Sports Conditioning 7:00-8:00 PM GYM: COURT 2 Simba	Zumba© 7:00-7:55 PM Lesley	Sports Conditioning 7:00-8:00 PM GYM: COURT 2 Simba	Zumba© 7:00-7:55 PM Lesley	Zumba Strong© 7:00-7:55 PM Erica	

*Hip Hop Dance is a drop in class for 4-7 year olds.

STUDIO 2

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Power Yoga 6:00-7:00 AM Jordyn	Power Yoga 6:30-7:30 AM Natassah	Pilates 9:15-10:15 AM Lindsey	Power Yoga 6:30-7:30 AM Natassah	Power Yoga 6:00-7:00 AM Jordyn	Vinyasa Yoga 8:45-9:45 PM Derek
	Pilates 10:00-11:00 AM Jenn	All Levels Yoga 11:45-12:45 PM Elaine	Pilates 10:00-11:00 AM Jenn	All Levels Yoga 11:30-12:30 PM Patti	Above the Barre 10:00-11:00 AM Mia
Vinyasa Yoga 5:30-6:30 PM Natassah	Vinyasa Yoga 5:45-6:45 PM Jordyn	Above the Barre 5:15-6:15 PM Anastacia	Adaptive Recreation 5:00-6:15 PM Open Doors*	Adaptive Recreation 5:00-6:15 PM Open Doors*	SUNDAY
Women's Only Yoga 6:45-7:45 PM Natassah	Above the Barre 7:00-7:55 PM Mia	Beginner Yoga 6:45-7:45 PM Derek	All Levels Yoga 6:45-7:55 PM Lorenzo	All Levels Yoga 6:30-7:30 PM Sarah	All Levels Yoga 10:15-11:30 AM Lorenzo

* Adaptive Recreation is facilitated in partnership with Open Doors for Multicultural Families. Care Takers of participants are required to attend the first class and must fill out a registration form. For more information, please refer to the class descriptions.

CYCLING STUDIO

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Cycle 5:30-6:30 AM Robyn *Starting 10/1			Cycle 5:30-6:30 AM Robyn *Starting 10/1	Cycle 9:30-10:30 AM Megan	
Pedaling for Parkinson's* 12:00-1:00 PM Robin	Cycle Express 6:00-6:45 PM Emily	Pedaling for Parkinson's* 12:00-1:00 PM Robin		Pedaling for Parkinson's* 12:00-1:00 PM Robin	SUNDAY
Hip Hop Cycle 7:00-7:55 PM Mikia		Cycle 6:45-7:45 PM Jamie	Hip Hop Cycle 7:00-7:55 PM Mikia		

*Pedaling for Parkinson's is a registered class, please sign up at the Membership Desk. Contact Aaniaz@seattlvmca.org for more info. Medical clearance required.

AQUA FITNESS: Classes Located in the Pool

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Aqua Fitness 8:15-9:15 AM Jamie	Aqua Barre 10:00-11:00 AM Anastacia	Aqua Fitness 8:15-9:15 AM Jamie	Aqua Bootcamp 10:00-11:00 AM Madi		

FITNESS CENTER QUEENAX™ AREA: Small Group Training, Registration Required*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Studio 7 - Compete 8:00-9:00 AM Colin	Studio 7 - Optimize 9:30-10:30 AM Sandy	Studio 7 - Compete 8:00-9:00 AM Colin	Studio 7 - Optimize 9:30-10:30 AM Sandy		
Studio 7 - Compete 6:45-7:45 PM Justin	Studio 7 - Ignite 7:00-8:00 PM Ariana	Studio 7 - Compete 6:45-7:45 PM Justin	Studio 7 - Ignite 7:00-8:00 PM Ariana	Studio 7 - Compete 6:45-7:45 PM Justin	

*Small group and specialty training sessions are an additional fee. Please register at the Membership Desk prior to participating.

