



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP WELLNESS SCHEDULE SEPT 2019 New class/Class Time/Instructor Changed



DROP-IN MORNING CLASSES (INCLUDED WITH MEMBERSHIP)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Boot Camp SG 5:30-6:30am Margie		Boot Camp SG 5:30-6:30am Margie	● 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-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		
Walking Grp Outside 8-9am Vicki	Circuit Training SG 7:30-8:30am Vicki		Strength Training - Express GF1 7:15am-8am Stephanie	Strength Training - Express GF1 6:35am-7:05am Kathy	Boot Camp SG 8:30-9:30am Bushra	
Yoga-Vinyasa RR 8-9am Michelle	● Yoga-All Levels RR 8:15-9:15am Anitha	Yoga-Vinyasa RR 8-9am Maribeth	Yoga-Vinyasa RR 8-9am Michelle	● Cycle-All Levels CR 8:30-9:45am Tim	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		Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Pop Pilates GF1 8:15-9:15am Whitney	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
Aqua Fitness LP 8:30-9:30am Alison	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	Aqua Fitness LP 8:30-9:30am Pat	Zumba LG 9:30-10:30am Christina	Above the Barre GF1 9:30-10:30am Margaret
	Circuit Training SG 9-10am Vicki	Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	● Cycle-All Levels CR 9:15-10:15am Mona	Circuit Training SG 9-10am Avivit	● ■ Yoga-Vinyasa GF1 9:30-10:30am Jessica P	Core Strength SG 9:45-10:15am Victoria
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 Sowmya
● 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
Strength Training- Barbell Pump Express SG 9:45-10:30am Diana	STRONG by Zumba LGB 9:45-10:15pm Rachel	Zumba LG 9:45-10:45am Jessica	Zumba LG 9:45-10:45am Rachel		Core Strength RR 11-11:30am Cornell	
Zumba LG 9:45-10:45am Christina	Boot Camp SG 10:15-11:15am Riley	Core Strength LG 11-11:30am Tim	Total Body Conditioning SG 10:15-11am Vicki	Boot Camp SG 10:30-11:30am Tim		
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	STRONG by Zumba LGB 10:45-11:45pm Liz		
■ 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	AOA-Strength GF1 11-12pm Avivit		9/29 only Women's Night 6:30pm-8:30pm Strength Training GF1 6:30-7:30pm Bushra
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
Core Strength GF1 12-12:30pm Avivit	Step GF1 12-1pm Jenny	Cycle-Express CR 12-12:45pm Tim	Above the Barre GF1 12-1pm Cynthia	Zumba SG 12-1pm Jessica
Cycle-Express CR 12-12:45pm Mona	Yoga-Vinyasa RR 12-1pm Tiffany	Above the Barre Express GF1 12:15-1pm Jessica	Meditation RR 12:15-12:45pm Grace	AOA-Chair Yoga GF1 12:15-1pm Elaine
	Meditation RR 1:15-1:45pm Emily	Yoga-Vinyasa RR 12-12:55pm Renee Meena	● Cycle-All Levels CR 12-1:15pm Tim	Pilates-Mat RR 12-1pm Leaza
Aqua Arthritis & Injury AP 1-2pm Ralph	Aqua Arthritis & Injury AP 1-2pm Cheryl	Aqua Arthritis & Injury AP 1-2pm Cheryl	Aqua Arthritis & Injury AP 1-2pm Cheryl	
			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	Endurance Cycling Workout 4:30pm-6pm Margie Only on 9/6, 9/27, 10/4, 10/18, 11/8 and 11/22
● Yoga-Family RR 5-6 pm Jessica H	Total Body Conditioning SG 6-6:45pm Vicki	Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	
Boot Camp SG 6-6:45pm Megan	Yoga-Power Vinyasa RR 6:30-7:30pm Sheetal	Boot Camp SG 5:45-6:45 pm Katia	HIIT Express SG 6-6:45pm Bushra	
● Cycle-Beginner CR 6:15-7pm Mike	● Cycle-All Levels CR 6:30-7:45pm Caitlin	Bollywood - Bootcamp GF1 6-6:45pm Deepti	Pilates-Mat GF1 6-7pm Teresa	● ■ Yoga-Gentle RR 6-7pm Anitha
Zumba SG 7-8pm Liz	Zumba SG 7-8pm Jean	● Cycle-Beginner CR 6:15-7pm Mike	Yoga-Power Vinyasa RR 6-7pm Sheetal	Cycle-Express CR 6:15-7pm Caitlin
Above the Barre GF1 7-8pm Jamie	Pilates-Mat GF1 7:15-8:15pm Kate	Zumba Toning SG 7-8pm Alisha	● Cycle-All Levels CR 6:30-7:45pm Kevin	Zumba GF1 7-8pm Liz
Aqua Zumba LP 7-8pm Jean		Above the Barre GF1 7-8pm Victoria H	Bollywood-Fitness SG 7:15-8:15pm Deepti	
Bollywood-Fitness GF1 8:15pm-9pm Deepti			■ Above The Barre GF1 7:15-8:15pm Jessica	
			Yoga-Yin RR 7:15-8:15pm Ceres	

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	SATURDAY
<ul style="list-style-type: none"> ● Enhance Fitness Rotary Room 9am-10am 9/9-12/30 		<ul style="list-style-type: none"> ● Enhance Fitness Rotary Room 9am-10am 9/9-12/30 	<ul style="list-style-type: none"> ● Lose to Win Rotary Room 10am-11am 8/22-11/7 	<ul style="list-style-type: none"> ● Enhance Fitness Rotary Room 9am-10am 9/9-12/30 	
	<ul style="list-style-type: none"> ● Livestrong Kitchen 11:30am-1pm 9/10-12/3, no meeting on 11/28 	<ul style="list-style-type: none"> ● Lose to Win Rotary Room 11:30am-12:30pm 9/18-12/4 	<ul style="list-style-type: none"> ● Livestrong Kitchen 11:30am-1pm 9/10-12/3, no meeting on 11/28 		
<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15pm-2:15pm Teresa/Grace 9/9-12/2 	<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30pm-2:30pm 	<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15pm-2:15pm Teresa/Grace 9/9-12/2 	<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30pm-2:30pm 		
	<ul style="list-style-type: none"> 📍 Dance-Adaptive GF1 1:45pm-2:30pm Teresa 	<ul style="list-style-type: none"> ● Lose to Win Rotary Room 7pm-8pm 9/18-12/4 	<ul style="list-style-type: none"> 📍 Yoga - Adaptive GF1 1:45pm-2:30pm Anitha 		

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.

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.

Moving For Better Balance: Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program.

Pedaling For Parkinson's: Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.

Yoga - Adaptive: Designed for those with developmental challenges, this yoga class improves circulation and enhances flexibility through gentle poses.

★ 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"> ● Tai Chi First Section RR 10:45am-11:45am Stephanie R Ends 9/24 	<ul style="list-style-type: none"> ★ Strength & TRX HLC 5pm-6pm Mona 9/3 - 9/24 	<ul style="list-style-type: none"> ★ Women on Weights HLC 12pm-1pm Mona 9/4 - 10/23 		
<ul style="list-style-type: none"> ★ Pilates Reformer 11:45am - 12:45pm Tarah 9/9 - 9/30 	<ul style="list-style-type: none"> ★ Ballroom & Swing GF1 6pm-7pm Teresa 9/3 - 9/24 	<ul style="list-style-type: none"> ★ Women on Weights Advanced HLC 6pm-7pm Mona 9/3 - 10/22 	<ul style="list-style-type: none"> ★ Women on Weights HLC 6pm-7pm Mona 9/4 - 10/23 		

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.

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

Strength & TRX: Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

Tai Chi First Section: Daily practice of Tai Chi brings many benefits including improved strength, coordination, posture, concentration and a greater energy level. As the Form is presented in a sequential manner, adding one new movement each week, regular participation is preferable.

Women On Weights: 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!

Women On Weights Advanced: 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!

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			