## Group Exercise Drop-In Schedule

West Seattle & Fauntleroy YMCA group exercise classes 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.

### West Seattle YMCA: Studio 1

<table>
<thead>
<tr>
<th>Monday</th>
<th>Tuesday</th>
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</table>
| Strength & Cond. 5:35 - 6:00am  
Stacia | Yoga - Vinyasa 6:45 - 6:45am  
Tami | Cardio Kickboxing 6:15 - 6:35am  
Suzanne | Yoga - Vinyasa 5:45 - 6:45am  
Tami | Above The Barre 5:45 - 6:45am  
Evan | Step 7:45 - 8:45am  
Stacia  
1st & 3rd Saturdays only |
| Step 6:00 - 6:55am  
Stacia | | | | | |
| Above the Barre 9:30 - 10:30am  
Pamela | | | | | |
| AQA – Strength 10:45 – 11:45am  
Maria | Strength & Cond. 10:30 – 11:30am  
Amy | AQA – Strength 10:45 – 11:45am  
Maria | Strength & Cond 10:30 – 11:30am  
Amy | Above the Barre 8:45 – 9:25am  
Brittney |步 |
| AQA – Chair Yoga 12:00 – 1:00pm  
Sherry | Yoga – Gentle 1:30 – 2:30pm  
Laura | AQA – Chair Yoga 10:45 – 11:45am  
Sherry | Yoga – Gentle 1:30 – 2:30pm  
Laura | Oula® 10:30 – 11:30am  
Lisa C. |步 |
| **SUNDAY** | | | | | |
| Strength & Cond. 4:30 – 5:25pm  
Lindsay E. | Step & Strength 4:30 – 5:25pm  
Catherine | Strength & Cond. 4:30 – 5:25pm  
Lindsay E. | Step & Strength 4:30 – 5:25pm  
Catherine | Yoga – Gentle 1:30 – 2:30pm  
Laura | Oula® 3:45 – 4:45pm  
Kam |
| Zumba® 6:30 – 7:30pm  
Reema | Strength & Cond. 5:30 – 5:55pm  
Catherine | Insanity® 5:30 – 6:45pm  
Lindsay E. | Zumba® 5:30 – 6:30pm  
Reema | AQA – Vinyasa 6:45 – 7:45pm  
Leilani | Zumba® 5:30 – 6:30pm  
Reema |
| Yoga – Vinyasa 6:35 – 7:35pm  
Lesley | Zumba® 6:00 – 6:55pm  
Renee | Zumba® 6:00 – 6:55pm  
Renee | Zumba® 6:00 – 6:55pm  
Renee | Yoga – Vinyasa 6:45 – 7:45pm  
Leilani | Yoga – Vinyasa 5:00 – 6:00pm  
Kay |
| Pilates – Mat 6:30 – 7:00pm  
Pamela | Yoga – Gentle 6:00 – 7:00pm  
Laura | AQA – Chair Yoga 10:45 – 11:45am  
Sherry | Yoga – Gentle 1:30 – 2:30pm  
Laura | Oula® 10:30 – 11:30am  
Lisa C. |步 |

### West Seattle YMCA: Studio 2

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<thead>
<tr>
<th>Monday</th>
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</table>
| Pilates – Mat 8:35 – 9:30am  
Carrie | Yoga – All Levels 9:00 – 10:00am  
Emily | Core Strength 10:15 – 10:45am  
Celeste | Yoga – Vinyasa 10:15 – 11:15am  
Elena | Core Strength 10:15 – 10:45am  
Celeste | Yoga – All Levels 9:30 – 10:30am  
Jan |
| Aerobics – Freestyle 6:30 – 7:30pm  
Eric | Yoga – Power Vinyasa 6:30 – 7:30pm  
Celeste | Yoga – Yin 6:30 – 7:30pm  
Jan | Above The Barre 7:00 – 7:50pm  
Katherine L. | | |

### West Seattle YMCA: Studio 3 – Queenax

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<thead>
<tr>
<th>Monday</th>
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</table>
| Circuit Training 5:45 – 6:25am  
Bethany | Circuit Training 5:45 – 6:25am  
Lori | Pilates 8:35 – 9:30am  
Pamela | Circuit Training 5:45 – 6:25am  
Lori | TRX 8:30 – 9:15am  
Bethany | TRX 8:30 – 9:15am  
Lori |
| TRX – Circuit 8:45 – 9:45am  
Celeste | Circuit Training 9:00 – 9:45am  
Paulette | | Circuit Training 5:45 – 6:25am  
Lori | | |
| | Circuit Training 10:00 – 10:55am  
Celeste | | | | |
| | Circuit Training 10:00 – 10:55am  
Celeste | | | | |
| | Circuit Training 11:00 – 11:45am  
Aubrey | | | | |
| | Circuit Training 11:00 – 11:45am  
Aubrey | | | | |
| | Circuit Training 6:00 – 6:45pm  
Bethany | | | | |
| | Circuit Training 6:00 – 6:45pm  
Bethany | | | | |

### 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.

**IMPORTANT NOTES**
- ☀️ = Childcare available on a first come, first serve basis.
- For Yoga classes, please bring a mat. Yoga mats are not provided.

Revised February 20, 2020
## West Seattle YMCA: Studio 4 - Cycle

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<tr>
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<tbody>
<tr>
<td>Cycle - All Levels 6:00 - 6:45am Emily</td>
<td>Cycle - All Levels 7:00 - 7:45am Lori</td>
<td>Cycle - All Levels 9:15 - 10:00am Celesta</td>
<td>Cycle - All Levels 9:15 - 10:00am Celesta</td>
<td>Cycle - All Levels 9:15 - 10:00am David</td>
<td>Cycle - All Levels 9:30 - 10:30am Shalimar</td>
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## West Seattle YMCA: Pool - Water Fitness

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<tr>
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<tbody>
<tr>
<td>Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy/Dana</td>
<td>Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy</td>
<td>Aqua Fitness - Mixed Depth 7:30 - 8:15am Amy</td>
<td>Aqua Fitness - Mixed Depth 8:30 - 9:25am Dana/Helen/Maryann</td>
<td>Aqua Fitness - Mixed Depth 8:30 - 9:25am Dana/Donna</td>
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<tr>
<td>Aqua Fitness 8:30 - 9:25am Maryann</td>
<td>Aqua Fitness 8:15 - 8:55am Maryann</td>
<td>Aqua Fitness 8:30 - 9:25am Maryann</td>
<td>Aqua Fitness 8:15 - 8:55am Maryann</td>
<td>Aqua Fitness 8:30 - 9:25am Maryann</td>
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<tr>
<td>Aqua Fitness - Deep 8:30 - 9:15am Dana</td>
<td>Aqua Jogging 8:15 - 8:55am Amy</td>
<td>Aqua Fitness - Deep 8:30 - 9:25am Maryann</td>
<td>Aqua Fitness - Deep 8:30 - 9:25am Maryann</td>
<td>Aqua Fitness - Deep 9:00 - 10:00am Laura</td>
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<tr>
<td>Aqua Fitness - Deep 9:00 - 10:00am Michele</td>
<td>Aqua Arthritis &amp; Injury 1:00 - 1:45pm Laura</td>
<td>Aqua Arthritis &amp; Injury 1:00 - 1:45pm Laura</td>
<td>Aqua Arthritis &amp; Injury 1:00 - 1:45pm Sean</td>
<td>Aqua Arthritis &amp; Injury 1:00 - 1:45pm Jo</td>
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## Fauntleroy YMCA

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<tr>
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<tbody>
<tr>
<td>Strength &amp; Cond. 5:45 - 6:30am Rotates</td>
<td>Strength &amp; Cond. 5:45 - 6:30am Rotates</td>
<td>Strength &amp; Cond. 5:45 - 6:30am Rotates</td>
<td>Strength &amp; Cond. 5:45 - 6:30am Rotates</td>
<td>Strength &amp; Cond. 5:45 - 6:30am Rotates</td>
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<tr>
<td>Yoga - Gentle 7:45 - 8:45am Ozias</td>
<td>AOA - Circuit 8:30 - 9:25am Sherry</td>
<td>AOA - Chair Strength 9:00 - 9:25am Jenny</td>
<td>Pilates - Mat 8:00 - 8:55am Paula</td>
<td>Yoga - All Levels 7:45 - 8:45am 3m</td>
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</tr>
<tr>
<td>AOA - Circuit 8:30 - 9:25am Tish</td>
<td>Pilates - Mat 8:00 - 8:55am Paula</td>
<td>AOA - Chair Strength 9:00 - 9:25am Jenny</td>
<td>Yoga - All Levels 7:45 - 8:45am 3m</td>
<td>Cycle - All Levels 8:10 - 9:00am Alicia</td>
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</tr>
<tr>
<td>AOA – Chair Strength 9:00 - 9:25am Jenny</td>
<td>Pilates - Mat 9:00 - 9:55am Katherine</td>
<td>Yoga - Power Vinyasa 8:30 - 9:30am Katherine</td>
<td>Pilates - Mat 9:00 - 9:55am Kendal</td>
<td>Above the Barre 8:15 - 9:15am Katherine L/Evan</td>
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<tr>
<td>Yoga - Power Vinyasa 8:15 - 9:15am Katherine</td>
<td>Salsa Fitness 9:30 - 10:00am Tish</td>
<td>Cafe Fitness 10:00 - 10:45am Tish</td>
<td>Salsa Fitness 9:30 - 10:00am Tish</td>
<td>Yoga - Intermediate 9:30 - 10:30am Suchana</td>
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<tr>
<td>Cardio Mix 9:30 - 10:00am Tish</td>
<td>Zumba® 10:00 - 10:45am Tish</td>
<td>Above the Barre 10:05 - 10:50am Tish</td>
<td>Zumba® 10:00 - 10:45am Maria</td>
<td>Pilates - Mat 9:35 - 10:30am Lauren</td>
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<tr>
<td>Strength &amp; Cond. 10:00 - 10:35am Tish</td>
<td>Yoga - Gentle 10:30 - 10:45am Ozias</td>
<td>Yoga - Vinyasa 6:15 - 7:15pm Cailyn</td>
<td>Yoga - Gentle 5:45 - 6:45pm Ozias</td>
<td>Yoga - Intermediate 9:30 - 10:30am Suchana</td>
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<tr>
<td>Yoga - Gentle 5:45 - 6:45pm Saige/ Kay</td>
<td>Yoga - Vinyasa 6:15 - 7:15pm Cailyn</td>
<td>Cycle - All Levels 6:00 - 7:00pm Rotates</td>
<td>Yoga - Vinyasa 6:15 - 7:15pm Cailyn</td>
<td>Cycle - All Levels 6:00 - 7:00pm Rotates</td>
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- Yoga Classes at Fauntleroy are held in the small chapel.
- Cycle classes at Fauntleroy are held in the group cycle room.

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**West Seattle YMCA**

3622 SW Snoqualmie St.
Seattle, WA 98126
P 206 935 6000

**Fauntleroy YMCA**

9140 California Ave SW
Seattle, WA 98136
P 206 937 1000

February 20, 2020