



UNIVERSITY GROUP EXERCISE SCHEDULE

**OCT
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:30 - 9:15AM AOA Strength Josh - Pocock		8:30-9:15AM AOA Strength Josh - Pocock			
9:30 - 10:30AM STRONG Nation Sayen - Pocock		9:30 - 10:30AM STRONG Nation Sayen - Pocock			
	10:00 - 11:00AM Yoga - Gentle Bev - Pocock		10:00 - 11:00AM Yoga - All Levels Bev - Pocock		
	11:15 - 12:15PM AOA Strength Penelope - Pocock		11:15 - 12:15PM AOA Strength Penelope - Pocock		
				1:00 - 2:00PM Tai Chi - I Stefanie - Pocock	
				2:15 - 3:15PM Tai Chi - II Stefanie - Pocock	SUNDAY
				3:30 - 4:30PM Tai Chi - III Stefanie - Pocock	
4:00 - 5:00PM Total Body Conditioning Faye - Pocock					
5:15 - 6:15PM Zumba Sellyna - Pocock		5:15 - 6:15PM Zumba Sellyna - Pocock			
	6:00 - 7:00PM PiYo Breanne - Pocock		6:00 - 7:00PM PiYo Breanne - Pocock		
					*WRISTBANDS REQUIRED \$ SMALL GROUP TRAINING-FEE BASED

FOR MORE INFORMATION, CONTACT: Chris Arndt, carndt@seattleyymca.org