



AUBURN VALLEY YMCA GROUP EXERCISE SCHEDULE

**OCT
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:10-7:10AM CYCLE-ALL LEVELS BRUCE-CYCLE STUDIO		6:10-7:10AM CYCLE-ALL LEVELS BRUCE-CYCLE STUDIO		
		9:00-10:00AM AQUA FITNESS SUSIE - ACTIVITY POOL	9:30-10:30AM AOA - YOGA COLLEEN - REFLECTION ROOM	9:00-10:00AM AQUA FITNESS DENISE-ACTIVITY POOL	
	10:00-11:00AM Arthritis & Injury Aqua Fitness VICKY- ACTIVITY POOL	10:00-11:00AM BOOT CAMP MARK- GYM/ OUTSIDE	10:00-11:00AM Arthritis & Injury Aqua Fitness VICKY- ACTIVITY POOL	10:00-11:00AM CARDIO STRENGTH KERRY—MPR	
	10:30-11:30AM AOA - CIRCUIT ANNE—MPR	STARTING 10/13 10:00-11:00AM ZUMBA® CHRISSY - MPR	10:30-11:30AM AOA - CIRCUIT KERRY—MPR		
					SUNDAY
6:00-7:00PM CARDIO STRENGTH KERRY—MPR	6:00-7:00PM TRX® MARK—COMMUNITY ROOM	STARTING 10/20 6:00-7:00PM CARDIO STRENGTH TINA—MPR	6:00-7:00PM TRX® MARK—COMMUNITY ROOM		
	7:00-7:50PM ZUMBA® ANA-GYM		7:00-7:50PM ZUMBA® ANA-GYM		



CHECK OUT OUR ON DEMAND FITNESS VIDEOS!

JOIN OUR LIVE GROUP EXERCISES CLASSES ONLINE!

- **BOOT CAMP** • **AOA**
- **YOGA** • **HIIT**

INCLUDED IN YOUR MEMBERSHIP!

FOR MORE INFORMATION CONTACT Kerry Ashby, kashby@seattlemca.org