



DALE TURNER YMCA GROUP EXERCISE SCHEDULE

**OCTOBER
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15 AM BOOT CAMP SEAN-GW		6:15-7:15 AM BOOT CAMP SEAN-GW		6:15-7:15 AM TurboKick® LISA-GW	
	8:00-8:45AM AOA STRENGTH PAT-GW		8:00-8:45 AM AOA STRENGTH PAT-GW		
9:30-10:15 AM TRX CIRCUIT SEAN-FAMILY GW	9:00-9:55 AM AOA DANCE FITNESS BENGIE-GYM	9:00-9:45 AM AOA STRENGTH SEAN-GYM	9:00-9:55 AM AOA DANCE FITNESS BENGIE-GYM		
11:00-12:00 PM WATER EXERCISE JANE-POOL	10:00-10:45 AM STRENGTH & CONDITIONING AMY-GYM	10:00-10:45AM TRX SEAN-FAMILY GW	10:00-10:45 AM STRENGTH & CONDITIONING AMY-GYM		
	4:15-4:45 PM STRENGTH TRAINING EXPRESS SEAN-GW	11:00-12:00 PM WATER EXERCISE JANE-POOL	10:30-11:30 AM AOA CHAIR STRENGTH BENGIE-GW		
5:30-6:15 PM CYCLE OUTDOORS Oct 18th - Nov 8th	5:00-5:45 PM CYCLE & STRENGTH KATIE-GW	4:00-5:00 PM YOGA AII LEVELS JENNIE-REFLECTION ROOM	4:15-4:45 PM STRENGTH TRAINING EXPRESS SEAN-GW		12:00-12:45 CYCLE ALL LEVELS AMY-GW
6:00-6:45 PM CIRCUIT TRAINING AMY-GW	6:30-7:45 PM YOGA VINYASA JENNIE-REFLECTION ROOM	5:30-6:30 PM YOGA-YIN JENNIE-REFLECTION ROOM	5:00-5:45 PM PILATES-MAT CINDY-GW		*PLEASE BRING OWN MAT FOR YOGA CLASSES.
7:00-7:45 PM ZUMBA HILLARY-GW	6:30-7:30 PM TurboKick® MIKAYLA-GW	6:00-6:45 PM CIRCUIT TRAINING AMY-GW			

SUNDAY

FOR MORE INFORMATION, CONTACT: SEAN KLEVER, sklever@seattleyymca.org