



# NORTHSHORE GROUP EXERCISE

**Nov  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:15– 8:00AM <b>H.I.I.T</b> AMY -MPR		7:15– 8:00AM <b>H.I.I.T</b> AMY -MPR		
	8:15– 8:45AM <b>CORE STRENGTH EXPRESS</b> RICH-MPR		8:15– 8:45AM <b>CORE STRENGTH EXPRESS</b> AMY -MPR		
9:15– 10:00AM <b>BARBELL PUMP</b> KELLY M-MPR	10:00 – 10:45AM <b>BEGINNER LINE DANCING</b> HEATHER-MAIN GYM	9:15 – 10:00AM <b>AOA CARDIO STRENGTH</b> HEATHER-FAMILY GYM		9:15– 10:00AM <b>BARBELL PUMP</b> KELLY M-MPR	9:30– 10:15AM <b>STRENGTH &amp; CONDITIONING</b> MARIANA-MPR
	10:15– 11:00AM <b>YOGA ALL LEVELS</b> JENNY-MPR	10:15 – 11:00AM <b>AOA CARDIO STRENGTH</b> HEATHER-FAMILY GYM		9:30 – 10:30AM <b>AOA CARDIO STRENGTH</b> HEATHER-FAMILY GYM	
11:15 – 12:00PM <b>STRENGTH &amp; BALANCE</b> CLAIRE-FAMILY GYM	11:00– 12:00PM <b>*AQUA FITNESS</b> JANE-POOL		11:00– 12:00PM <b>*AQUA FITNESS</b> JANE-POOL		
					<b>SUNDAY</b>
	5:15– 6:00PM <b>STRENGTH &amp; CONDITIONING</b> MARIANA-MPR		5:15– 6:00PM <b>STRENGTH &amp; CONDITIONING</b> MARIANA-MPR		
5:45– 6:45PM <b>YOGA ALL LEVELS</b> JENNY-MPR	6:15– 7:05PM <b>ABOVE THE BARRE</b> KELLY T-MPR	5:45– 6:45PM <b>YOGA ALL LEVELS</b> JENNY-MPR	6:15– 7:05PM <b>ABOVE THE BARRE</b> KELLY T-MPR		
	7:15– 8:00PM <b>ZUMBA</b> KELLY T-MPR		7:15 – 8:00PM <b>ZUMBA</b> KELLY T-MPR		<b>*WRISTBAND REQUIRED</b> <b>** VIRTUAL LIVESTREAMING</b>

**FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, [clairewilliams@seattleyymca.org](mailto:clairewilliams@seattleyymca.org)**