



NORTHSHORE GROUP EXERCISE

**OCT
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:15– 8:00AM H.I.I.T AMY -MAIN GYM		7:15– 8:00AM H.I.I.T AMY -MAIN GYM		
	8:15– 8:45AM CORE STRENGTH EXPRESS RICH-MAIN GYM		8:15– 8:45AM CORE STRENGTH EXPRESS AMY -MAIN GYM		
9:15– 10:00AM BARBELL PUMP KELLY M-MAIN GYM	10:00 – 10:45AM BEGINNER LINE DANCING HEATHER-MAIN GYM	9:15 – 10:00AM *AOA CARDIO STRENGTH HEATHER-FAMILY GYM		9:15– 10:00AM BARBELL PUMP LYNETTE-MAIN GYM	9:30– 10:15AM STRENGTH & CONDITIONING MARIANA-MPR
	10:15– 11:00AM *YOGA ALL LEVELS LYNETTE-MPR	10:15 – 11:00AM *AOA CARDIO STRENGTH HEATHER-FAMILY GYM		9:30 – 10:30AM *AOA CARDIO STRENGTH HEATHER-FAMILY GYM	
11:15 – 12:00PM STRENGTH & BALANCE CLAIRE-FAMILY GYM	11:00– 12:00PM *AQUA FITNESS JANE-POOL		11:00– 12:00PM *AQUA FITNESS JANE-POOL		
					SUNDAY
	5:00– 5:45PM STRENGTH & CONDITIONING MARIANA-FAMILY GYM		5:00– 5:45PM STRENGTH & CONDITIONING MARIANA-FAMILY GYM		
5:45– 6:45PM *YOGA ALL LEVELS JENNY-MPR Starts OCT 18, 2021	6:15– 7:05PM ABOVE THE BARRE KELLY T-FAMILY GYM	5:45– 6:45PM *YOGA ALL LEVELS JENNY-MPR Starts OCT 18, 2021	6:15– 7:05PM ABOVE THE BARRE KELLY T-FAMILY GYM		
	7:15– 8:00PM ZUMBA KELLY T-FAMILY GYM		7:15 – 8:00PM ZUMBA KELLY T-FAMILY GYM		*WRISTBAND REQUIRED

FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, clairewilliams@seattleyymca.org