



DOWNTOWN GROUP EXERCISE SCHEDULE

**NOV
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
10:00 - 10:45AM Aqua Fitness Laura - Pool		10:00 - 10:45AM Aqua Fitness Steve - Pool			
12:00 - 12:45PM Cycle- All Levels Cornell - CM Studio	12:00 - 12:30PM Core Strength Laura - CM Studio		12:00 - 12:45PM Cycle Strength Laura - CM Studio		
12:30 - 1:30PM Yoga - All Levels Jim - MB Studio		12:30 - 1:30PM Yoga - All Levels Jim - MB Studio			
4:00 - 5:00PM Total Body Conditioning Laura - 7th Floor	4:00 - 4:45PM Functional Strength Jason - CM Studio		4:00 - 4:45PM Functional Strength Ken - CM Studio		SUNDAY
	5:00 - 6:00PM Cardio Boxing Ike - 7th Floor		5:00 - 5:30PM Core Strength Ken- CM Studio		
5:15 - 6:15PM STRONG Nation by ZUMBA® Sayen - CM Studio		5:15 - 6:15PM Total Body Conditioning Ike - 7th Floor			
				5:30 - 6:30PM Yoga - Restorative Tatum- MB Studio	
6:00- 7:00PM Yoga - Vinyasa Chelsea - MB Studio					*WRISTBANDS REQUIRED \$ SMALL GROUP TRAINING-FEE BASED

FOR MORE INFORMATION, CONTACT: Laura Ehret, lehret@seattleyymca.org