



# UNIVERSITY GROUP EXERCISE SCHEDULE

**NOV  
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>8:30 - 9:15AM</b> <b>AOA Strength</b> Josh - Pocock		<b>8:30-9:15AM</b> <b>AOA Strength</b> Josh - Pocock			
<b>9:30 - 10:30AM</b> <b>STRONG Nation</b> Sayen - Pocock		<b>9:30 - 10:30AM</b> <b>STRONG Nation</b> Sayen - Pocock			
	<b>10:00 - 11:00AM</b> <b>Yoga - Gentle</b> Bev - Pocock		<b>10:00 - 11:00AM</b> <b>Yoga - All Levels</b> Bev - Pocock		
	<b>11:15 - 12:15PM</b> <b>AOA Cardio Fitness</b> Penelope - Pocock		<b>11:15 - 12:15PM</b> <b>AOA Cardio Fitness</b> Penelope - Pocock		
				<b>1:00 - 2:00PM</b> <b>Tai Chi - I</b> Stefanie - Pocock	
				<b>2:15 - 3:15PM</b> <b>Tai Chi - II</b> Stefanie - Pocock	
				<b>3:30 - 4:30PM</b> <b>Tai Chi - III</b> Stefanie - Pocock	
<b>4:00 - 5:00PM</b> <b>Total Body Conditioning</b> Faye - Pocock					
	<b>4:45 - 5:45PM</b> <b>STRONG Nation</b> Sayen - Pocock		<b>4:45 - 5:45PM</b> <b>STRONG Nation</b> Sayen - Pocock		
<b>5:15 - 6:15PM</b> <b>Zumba</b> Sellyna - Pocock		<b>5:15 - 6:15PM</b> <b>Zumba</b> Sellyna - Pocock			
	<b>6:00 - 7:00PM</b> <b>PiYo</b> Breanne - Pocock		<b>6:00 - 7:00PM</b> <b>PiYo</b> Breanne - Pocock		
					<b>*WRISTBANDS REQUIRED \$ SMALL GROUP TRAINING-FEE BASED</b>

**SUNDAY**

**FOR MORE INFORMATION, CONTACT: Chris Arndt, [carndt@seattleyymca.org](mailto:carndt@seattleyymca.org)**