



DOWNTOWN GROUP EXERCISE SCHEDULE

**OCT
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		10:00 - 10:45AM Aqua Fitness Steve - Pool			
	11:00 - 11:45AM Yoga - All Levels Deborah - MB Studio				
	12:00 - 12:30PM Pilates - Mat Deborah - 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