



KENT GROUP WELLNESS

**October
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:00AM Aqua Fitness Susie—Pool					
		9:00–10:00AM Total Body Conditioning Melissa—Studio 1			
					SUNDAY
					10:00–11:00AM Above the Barre Mia—Studio 1
	5:00–6:00PM Interval Training Andrea—Studio 1				10:00–11:00AM Family Fitness Simba—Gym/Morrell Meadows Park
6:30–7:30PM Hip Hop Cycle Mikia—Studio 1 No Class on 10/25		6:00–7:00PM Above the Barre Mia—Studio 1	6:00–7:00PM Bootcamp Simba—Gym		

FOR MORE INFORMATION, CONTACT: TRISTA HELVEY, THELVEY@seattleyymca.org