



WEST SEATTLE FITNESS SCHEDULE

**NOVEMBER
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 – 9:15AM CYCLING – ALL LEVELS EMILY-STUDIO 4	8:00 – 9:00AM AOA – CIRCUIT SHERRY-STUDIO 1	7:00 – 7:30AM CORE STRENGTH PAULA-STUDIO 1	7:30 – 8:00AM ADULT EQUIPMENT ORIENTATION * SAIGE-FITNESS CENTER 11/5 OR 11/12	
	8:30 – 9:30AM TRX – STRENGTH \$ AUBREY-STUDIO 3		7:45 – 8:45AM PILATES – MAT PAULA-STUDIO 1	8:30 – 9:30AM BARRE PAULA-STUDIO 1 NO CLASS 11/26	
	9:00 – 10:00AM AQUA FITNESS – MIXED DEPTH AMY-POOL	9:30 – 10:30AM YOGA – ALL LEVELS JIM-STUDIO 1	8:30 – 9:15AM CYCLING – ALL LEVELS EMILY-STUDIO 4 NO CLASS 11/25		10:30 – 11:30AM YOGA – VINYASA SARAH-STUDIO 1
	9:00 – 10:00AM ZUMBA GOLD TISH-STUDIO 1				11:45AM – 12:45PM ZUMBA DANIELA-STUDIO 1
10:45 – 11:45AM AOA – CHAIR YOGA SHERRY-STUDIO 1	10:30 – 11:30AM STRENGTH & CONDITIONING AMY-STUDIO 1				
	11:00 – 11:45AM AQUA FITNESS JO-POOL	11:00 – 11:45AM AQUA ARTHRITIS & INJURY SEAN-POOL	11:00 – 11:45AM AQUA FITNESS JO-POOL	11:00 – 11:45AM AQUA ARTHRITIS & INJURY SEAN-POOL	
					SUNDAY
				4:00 – 5:00PM YOGA – ALL LEVELS JIM-STUDIO 1	
	5:30 – 6:30PM ZUMBA REEMA-STUDIO 1	5:45 – 6:45PM CARDIO STRENGTH DANIELA-STUDIO 1	5:30 – 6:30PM ZUMBA REEMA-STUDIO 1		
6:00 – 7:00PM TRX – CIRCUIT \$ JENNIFER-STUDIO 3	6:00 – 6:30PM YOUTH FITNESS ORIENTATION * PAULA-FITNESS CENTER 11/9 OR 11/23				
	6:45 – 7:45PM PILATES – MAT PAULA-STUDIO 1				\$ SMALL GROUP TRAINING – FEE BASED * REGISTRATION REQUIRED

FOR MORE INFORMATION, CONTACT: SAIGE, [SSILVERMAN@SEATTLEYMCA.ORG](mailto:ssilverman@seattleyymca.org)

WEST SEATTLE HOURS: TUESDAY – FRIDAY 6AM-8PM & SATURDAY – SUNDAY 8AM-3PM



FAUNTLEROY FITNESS SCHEDULE

**NOVEMBER
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED		CLOSED		CLOSED
9:15-10:15AM AOA - CIRCUIT TISH-GYM		9:15-10:15AM PILATES - MAT PAULA-GYM		9:15-10:15AM AOA - CIRCUIT SHERRY-GYM	
10:30-11:15AM CYCLING-ALL LEVELS EMILY-CYLCE STUDIO NO CLASS 11/15		10:30-11:30AM ZUMBA TISH-GYM			
					SUNDAY
					CLOSED

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FAUNTLEROY HOURS: MONDAY, WEDNESDAY, & FRIDAY 9AM-12PM