



CAROL EDWARDS CENTER Group Exercise Schedule

**NOVEMBER
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED	7:00 - 8:00AM Yoga - Vinyasa Patti- Madrona Rm.	CLOSED		CLOSED
8:00 - 9:00AM Cycle - All Levels Rich - Madrona Rm.				8:00 - 9:00AM Cycle - All Levels Rich - Madrona Rm.	
9:15 - 10:00AM Total Body Conditioning Rich - Madrona Rm.				9:15 - 10:00AM Total Body Conditioning Rich - Madrona Rm.	
					SUNDAY
					CLOSED

FOR MORE INFORMATION, CONTACT: Claire Williams, clairewilliams@SEATTLEYMCA.ORG

CEC HOURS: MONDAY, WEDNESDAY, & FRIDAY 7AM-11AM