



AUBURN VALLEY YMCA GROUP EXERCISE SCHEDULE

**NOV
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:10-7:10AM CYCLE-ALLEVELS BRUCE-CYCLESTUDIO	8:00-9:00AM AOA- STRENGTH (PREV. CARDIAC WELLNESS) ANNE - MPR	6:10-7:10AM CYCLE-ALLEVELS BRUCE-CYCLESTUDIO		
		9:00-10:00AM AQUAFITNESS SUSIE-ACTIVITY POOL	9:30-10:30AM AOA - YOGA CHRISSY -REFLECTION ROOM	9:00-10:00AM AQUA FITNESS DENISE-ACTIVITY POOL	
		10:00-11:00AM BOOT CAMP MARK- GYM/ OUTSIDE	9:30-10:30AM CYCLE-ALL LEVELS VAL-CYCLE STUDIO	10:00-11:00AM CARDIO STRENGTH KERRY-MPR	
	10:00-11:00AM Arthritis & Injury Aqua Fitness VICKY- ACTIVITY POOL	10:00-11:00AM ZUMBA® CHRISSY - MPR	10:00-11:00AM Arthritis & Injury Aqua Fitness VICKY- ACTIVITY POOL		
	10:30-11:30AM AOA - CIRCUIT ANNE-MPR		10:30-11:30AM AOA - CIRCUIT KERRY-MPR		SUNDAY
6:00-7:00PM CARDIO STRENGTH KERRY-MPR	6:00-7:00PM TRX® MARK-COMMUNITY ROOM	6:00-7:00PM CARDIO STRENGTH TINA-MPR	6:00-7:00PM TRX® MARK-COMMUNITY ROOM		
	7:00-7:50PM ZUMBA® ANA-MPR		7:00-7:50PM ZUMBA® ANA-MPR		



CHECK OUT OUR ON DEMAND FITNESS VIDEOS!

JOIN OUR LIVE GROUP EXERCISES CLASSES ONLINE!

- BOOT CAMP • AOA
- YOGA • HIIT

INCLUDED IN YOUR MEMBERSHIP!

FOR MORE INFORMATION CONTACT Kerry Ashby, kashby@seattleyymca.org