



SAMMAMISH GROUP EXERCISE SCHEDULE

**NOV
2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00 – 8:00AM STRENGTH & CONDITIONING TIM-SMALL GYM	6:15-7:15AM CYCLE-ALL LEVELS JANIS-SMALL GYM	8:00 – 9:00AM STRENGTH & CONDITIONING KATIA-GF1	6:15-7:15AM CYCLE-ALL LEVELS JANIS-SMALL GYM	8:00 – 9:00AM STRENGTH & CONDITIONING KATIA-GF1	8:30-9:30AM STRENGTH TRAINING KITTY-GF1
	7:30 – 8:30AM BOOTCAMP KRISTIN-SMALL GYM	8:00 – 9:00AM YOGA-ALL LEVELS MICHELLE-REFLECTION ROOM	8:00 – 9:00AM YOGA-ALL LEVELS SHANNON-REFLECTION ROOM		9:00-10:00AM YOGA-ALL LEVELS CERES-REFLECTION ROOM
	8:00 – 9:00AM YOGA-ALL LEVELS SHANNON-REFLECTION ROOM	8:30 – 9:30AM AQUA FITNESS ALISON-LAP POOL	8:30-9:30AM CIRCUIT VICKI-SMALL GYM ++		9:45-10:45AM STRENGTH & CONDITIONING MARGARET-GF1
8:30 – 9:30AM CYCLE-ALL LEVELS TIM-SMALL GYM	9:30 – 10:30AM NIA® RANDEE-REFLECTION ROOM	8:30-9:30AM CYCLE-ALL LEVELS TIM-SMALL GYM	9:30 – 10:30AM NIA® RANDEE-REFLECTION ROOM	8:30-9:30AM CYCLE-ALL LEVELS TIM-SMALL GYM	10:00- 11:00AM ZUMBA® KRISTIN-SMALL GYM
9:30 – 10:30AM YOGA-ALL LEVELS MICHELLE-REFLECTION ROOM++	9:30 – 10:30AM STEP SUE-GF1	10:00 – 11:00AM PILATES-MAT KAREN-REFLECTION ROOM	9:45-10:45AM POP PILATES® JEAN-GF1++	9:30-10:30AM ABOVE THE BARRE MARGARET-GF1	10:45-11:45PM TAI CHI-1ST SECT STEFANIE-REFLECTION ROOM
10:00 – 11:00AM STRENGTH TRAINING SUE-GF1	9:45-10:45AM AQUA FITNESS ALISON-LAP POOL	10:00 – 11:00AM STRENGTH TRAINING SUE-GF1	9:45-10:45AM AQUA FITNESS ALISON-LAP POOL	10:00 – 11:00AM PILATES-MAT KAREN-REFLECTION ROOM	
10:00 – 11:00AM ZUMBA® RACHELLE-SMALL GYM	10:00 – 11:00AM ZUMBA® LIZ-LARGE GYM	10:00 – 11:00AM ZUMBA® SMALL GYM	10:00 – 11:00AM ZUMBA® RACHEL-LARGE GYM	10:00 – 11:00AM ZUMBA TONING® JEAN-SMALL GYM	
11:30AM– 12:30PM AOA CIRCUIT SUE-SMALL GYM	10:45 – 11:45AM TAI CHI STEFANIE-REFLECTION ROOM	11:30AM– 12:30PM AOA CARDIO & STRENGTH VICKI-GF1	10:00 – 11:00AM STRENGTH & CONDITIONING VICKI-SMALL GYM	11:00AM– 12:00PM AOA CARDIO & STRENGTH AVIVIT-GF1	
	12:00-1:00PM YOGA-VINYASA LAUREL-REFLECTION ROOM		11:00AM-12:00PM STRETCHING LAUREL-REFLECTION ROOM		
	5:45-6:30PM STRONG NATION® RACHEL-SMALL GYM	5:00–6:00PM STRENGTH TRAINING KRISTIN/KITTY-GF1	5:45-6:30PM STRONG NATION® RACHEL-SMALL GYM		
		6:30 – 7:30PM PILATES-MAT TERESA-GF1	6:00– 7:00PM CYCLE-ALL LEVELS TERESA-GF1		
6:30-7:30PM ABOVE THE BARRE MARGARET-GF1	6:30 – 7:30PM YOGA-ALL LEVELS CERES-REFLECTION ROOM	6:30-7:30PM CIRCUIT RILEY-SMALL GYM	6:30 – 7:30PM YOGA-ALL LEVELS CERES-REFLECTION ROOM		++Denotes New Class
	6:30 – 7:30PM CARDIO STRENGTH TERESA-GF1				*WRISTBAND REQUIRED \$ SMALL GROUP TRAINING -FEE BASED
	6:45-7:45PM ZUMBA® RACHEL-SMALL GYM		6:45-7:45PM ZUMBA® RACHELLE-SMALL GYM		

SUNDAY

FOR MORE INFORMATION CONTACT TIM HARE, there@seattlymca.org