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<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
<th>SATURDAY</th>
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| 7:00–8:00AM PILATES-MAT  
KAREN-RR | 8:00–9:00AM METCON -$  
WENDY-THR |  |  |  |  |
| 8:30–9:15AM AOA STRENGTH  
MAUREEN-GYM 2 | 8:30–9:15AM AOA BOLD & BALANCED  
TATIANA-GYM 2 | 9:00–10:00AM AOA STRENGTH & CONDITIONING  
WENDY-WS | 9:00–10:00AM STEP & STRENGTH  
CHRIS-WS | 9:00–10:00AM AQUA FOR ARTHRITIS*  
KRISTY-ACTIVITY POOL |  |
| 9:00–10:00AM AQUA FIT*  
TERRIN-ACTIVITY POOL | 9:00–10:00AM AQUA FOR ARTHRITIS*  
KRISTY-ACTIVITY POOL | 9:00–10:00AM AQUA ZUMBA®  
TERRIN-ACTIVITY POOL | 10:30–11:30AM ZUMBA®  
KITTY-GYM 2 |  |  |
| 9:00–10:00AM AQUA FOR ARTHRITIS*  
KRISTY-ACTIVITY POOL | 9:00–10:00AM AQUA FOR ARTHRITIS*  
KRISTY-ACTIVITY POOL |  |  |  |  |
| 9:30–10:30AM YOGA–ALL LEVELS  
SARAH-RR | 9:15–10:15AM KICKBOXING BOOT CAMP  
WENDY-WS | 9:30–10:30AM AQUA ZUMBA®  
CHRIS-GYM 2 | 9:30–10:30AM CARDIO STRENGTH  
CHRIS-GYM 2 | 9:30–10:30AM AQUA FOR ARTHRITIS*  
KRISTY-ACTIVITY POOL |
| 9:30–10:30AM ZUMBA®  
TERRIN-GYM 2 | 9:30–10:30AM ZUMBA GOLD®  
CHRIS-GYM 2 | 9:30–10:30AM ZUMBA®  
CHRIS-GYM 2 | 9:30–10:30AM AQUA ZUMBA®  
CHRIS-GYM 2 | 11:00–12:00PM PILATES-MAT  
KAREN-RR |
| 9:45–10:30AM STRENGTH & CONDITIONING  
HOLLY-WS | 10:30–11:15AM STRENGTH & CONDITIONING  
HOLLY-WS | 10:45–11:45AM YOGA–RESTORATIVE  
SARAH-RR |  |  |  |
| 1:30 –2:30PM TAI CHI – 1ST SECTION  
STEFANIE-WS |  |  |  |  |  |
| 5:30–6:30PM CYCLE–ALL LEVELS*  
MAURA-GYM 2 | 6:00–6:55PM R.I.P.P.E.D.  
KITTY—WS | 5:30–6:15PM TABATA EXPRESS - $  
YAZ-THR | 5:00–5:45PM AOA STRENGTH & YOGA  
CANDICE-GYM 2 | 5:00–6:00PM KICKBOXING BOOT CAMP  
WENDY-WS |  |
| 5:30–6:30PM STRONG NATION™  
GRACE-WS | 6:30–7:30PM YOGA–ALL LEVELS  
CANDICE-RR | 6:00–7:00PM CYCLE–ALL LEVELS*  
MAURA-GYM 2 |  |  |  |
| 6:45–7:45PM ZUMBA®  
GRACE-WS | 7:00–7:55PM ZUMBA®  
LEA-WS | 7:00–7:55PM ABOVE THE BARRE  
KATIA—RR | 6:30–7:30PM CARDIO STRENGTH  
LEA-WS |  |  |
|  |  |  |  |  |  |
| **SUNDAY** |  |  |  |  |  |
| 9:00–10:00AM STRONG NATION™  
GRACE-WS |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
| 10:15–11:15AM STRENGTH TRAINING  
KITTY-WS |  |  |  |  |  |

*SPACE LIMITED—WRISTBAND REQUIRED  
SFEE BASED TRAINING–REGISTRATION REQUIRED  
CLASS LOCATIONS:  
WS=WELLNESS STUDIO  
RR=REFLECTION ROOM  
THR=TOTAL HEALTH RM  
FOR MORE INFORMATION, CONTACT MAUREEN STOLL, mstoll@seattlymca.org
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<td>NO CLASSES</td>
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<td>TUESDAY</td>
<td>8:30–9:15AM AOA BOLD &amp; B</td>
<td>9:00–10:00AM STRENGTH &amp; CONDITIONING WENDY-WS</td>
<td>9:00–10:00AM AQUA FOR ARTHRITIS KRISTY-ACTIVITY POOL</td>
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<td>WEDNESDAY</td>
<td>9:00–10:00AM AQUA FIT TERRIN-ACTIVITY POOL</td>
<td>9:00–10:00AM AQUA FOR ARTHRITIS KRISTY-ACTIVITY POOL</td>
<td>9:00–10:00AM AQUA ZUMBA® TERRIN-ACTIVITY POOL</td>
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<td>SATURDAY</td>
<td>6:00–7:00PM R.I.P.P.E.D. KITTY-WS</td>
<td>6:00–7:00PM CYCLE–ALL LEVELS* MAURA-GYM 2</td>
<td>5:30–6:30PM CYCLE–ALL LEVELS* MAURA-GYM 2</td>
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<td>SPACE LIMITED—WRISTBAND REQUIRED</td>
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WS—WELLNESS STUDIO  RR—REFLECTION ROOM  THR—TOTAL HEALTH ROOM

FOR MORE INFORMATION, CONTACT: MAUREEN STOLL, mstoll@seattlemca.org