



UNIVERSITY GROUP EXERCISE SCHEDULE

**JAN
2022**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|--|---|---|--|
| 8:30 - 9:15AM AOA Strength Josh - Pocock | | 8:30 - 9:15AM AOA Strength Josh - Pocock | | | |
| | | | | | |
| | 10:00 - 11:00AM Yoga - Gentle Bev - Pocock | | 10:00 - 11:00AM Yoga - All Levels Bev - Pocock | | 10:00 - 11:00AM Yoga - All Levels Thashawna - Pocock |
| | 11:15 - 12:15PM AOA Cardio Fitness Penelope - Pocock | | 11:15 - 12:15PM AOA Cardio Fitness Penelope - Pocock | | |
| | | | | | |
| | | | | 1:00 - 2:00PM Tai Chi - I Stefanie - Pocock | |
| | | | | 2:15 - 3:15PM Tai Chi - II Stefanie - Pocock | |
| | | | | 3:30 - 4:30PM Tai Chi - III Stefanie - Pocock | |
| 4:00 - 5:00PM Total Body Conditioning Faye - Pocock | | | | | |
| 5:15 - 6:15PM Zumba Sellyna - Pocock | | 5:15 - 6:15PM Zumba Sellyna - Pocock | | | |
| | 6:00 - 7:00PM PiYo Breanne - Pocock | | 6:00 - 7:00PM PiYo Breanne - Pocock | | |
| 6:30 - 7:30PM Yoga - All Levels Julia - Pocock | | 6:30 - 7:30PM Yoga - All Levels Julia - Pocock | | | |

SUNDAY

FOR MORE INFORMATION, CONTACT: Chris Arndt, carndt@seattleyymca.org