



NORTHSHORE GROUP EXERCISE

**JAN
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:15– 8:00AM H.I.I.T AMY -MPR		7:15– 8:00AM H.I.I.T AMY -MPR		
	8:15– 8:45AM CORE STRENGTH EXPRESS RICH-MPR		8:15– 8:45AM CORE STRENGTH EXPRESS AMY -MPR		8:00– 8:45am *AQUA FITNESS NANCY-POOL
9:15– 10:00AM BARBELL PUMP KELLY M-MPR	10:00 – 10:45AM BEGINNER LINE DANCING HEATHER-MAIN GYM	9:15 – 10:00AM FUNCTIONAL FITNESS ALL LEVELS HEATHER-FAMILY GYM		9:15– 10:00AM BARBELL PUMP KELLY M-MPR	9:30– 10:15AM **STRENGTH & CONDITIONING MARIANA-MPR
10:30 – 11:15AM **AOA CARDIO STRENGTH HEATHER-MPR	10:15– 11:15AM YOGA ALL LEVELS HEATHER WB-MPR	10:15 – 11:00AM AOA CARDIO STRENGTH HEATHER-FAMILY GYM	10:15– 11:15AM YOGA ALL LEVELS HEATHER WB-MPR	9:30 – 10:30AM AOA CARDIO STRENGTH HEATHER-FAMILY GYM	
11:15 – 12:00PM STRENGTH & BALANCE CLAIRE-FAMILY GYM	11:00– 12:00PM *AQUA FITNESS JANE-POOL	11:00– 11:45AM **TOTAL BODY CONDITIONING KELLY-MPR	11:00– 12:00PM *AQUA FITNESS JANE-POOL	11:00– 11:45AM **TOTAL BODY CONDITIONING KELLY-MPR	
					SUNDAY
					8:30– 9:15AM CARDIO KICKBOXING MARK -MPR
	5:15– 6:00PM **STRENGTH & CONDITIONING MARIANA-MPR		5:15– 6:00PM **STRENGTH & CONDITIONING MARIANA-MPR	5:00– 5:45PM H.I.I.T MARK -MPR	
5:45– 6:45PM YOGA ALL LEVELS JENNY-MPR	6:15– 7:05PM ABOVE THE BARRE KELLY T-MPR	5:45– 6:45PM YOGA ALL LEVELS JENNY-MPR	6:15– 7:05PM ABOVE THE BARRE KELLY T-MPR		
7:00– 7:45PM H.I.I.T MARK-MPR	7:15– 8:00PM **ZUMBA KELLY T-MPR	7:00– 7:45PM H.I.I.T MARK -MPR	7:15 – 8:00PM **ZUMBA KELLY T-MPR		*WRISTBAND REQUIRED ** VIRTUAL LIVESTREAMING

FOR MORE INFORMATION, CONTACT: CLAIRE WILLIAMS, clairewilliams@seattleyymca.org