



DOWNTOWN GROUP EXERCISE SCHEDULE

**JAN
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:15 - 8:00 AM Cardio Strength Laura - CM Studio				BRANCH CLOSED
10:00 - 10:45AM Aqua Fitness Laura - Pool		10:00 - 10:45AM Aqua Fitness Steve - Pool		10:00 - 10:45AM AOA Strength Jason - CM Studio	
				11:00 - 11:45AM Yoga Sculpt Chelsea - MB Studio	
	11:30- 12:15PM TRX™ Ed - CM Studio				
12:00 - 12:45PM Cycle- All Levels Cornell - CM Studio				12:00 - 12:45PM Cycle- All Levels Laura - CM Studio	
12:30 - 1:30PM Yoga - All Levels Jim - MB Studio	12:30 - 1:00PM Strength Training - Express Jason - CM Studio	12:30 - 1:30PM Yoga - All Levels Jim - MB Studio	12:30 - 1:00PM Strength Training - Express Laura - CM Studio		
	4:30 - 5:15PM Functional Strength Jason - CM Studio		4:30 - 5:15 PM Functional Strength Ken - CM Studio		SUNDAY
	5:00 - 6:00PM Cardio Boxing Ike - 7th Floor		5:00 - 5:30PM Core Strength- Express Jason - 7th Floor	5:00 - 5:30PM Barbell Pump- Express Jason - 7th Floor	BRANCH CLOSED
5:15 - 6:15PM Total Body Conditioning Laura - 7th Floor		5:15 - 6:15PM Total Body Conditioning Ike - 7th Floor			
	5:30 - 6:30PM Yoga - All Levels Kristine - MB Studio		5:30 - 6:15PM Cycle - All Levels Laura - CM		
6:00- 7:00PM Yoga - Vinyasa Chelsea - MB Studio				6:00 - 7:00PM Yoga - Restorative Tatum- MB Studio	*WRISTBANDS REQUIRED \$ SMALL GROUP TRAINING-FEE BASED

FOR MORE INFORMATION, CONTACT: Laura Ehret, lehret@seattleyymca.org