



KENT GROUP WELLNESS

January
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:00-9:00AM Aqua Fitness Staff—Pool		8:00-9:00AM Aqua Fitness Denise/Susie—Pool		
		9:15-10:15AM Strength Training Yaz—Studio 1			9:00-10:00AM Yoga Mia—Studio 2
			9:30-10:15AM AOA Strength Yaz—Studio 1		10:30-11:30AM Above the Barre Mia—Studio 1
					SUNDAY
					10:00-11:00AM Family Fitness Simba—Gym/Morrell Meadows Park
	6:00-7:00PM Yoga Mia—Studio 2	6:00-7:00PM Above the Barre Mia—Studio 1	6:00-7:00PM Bootcamp Simba—Gym		

FOR MORE INFORMATION, CONTACT: YAZ KABBANI, YKABBANI@seattleyymca.org