



MATT GRIFFIN GROUP WELLNESS

January
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00AM Cardio Strength Virtual - WS1		8:00-9:00AM Cardio Strength Virtual - WS1			
9:15-10:15AM AOA Cardio Strength Philomena - WS1	9:00-10:00AM Aqua Fitness Laura - Pool	9:15-10:15AM AOA Cardio Strength Philomena - WS1	9:00-10:00AM Aqua Fitness Laura - Pool		
	9:15-10:15AM Stretching Alli - WS1		9:15-10:15AM Stretching Philomena - WS1		
	10:15-11:15AM Arthritis & Injury Aqua Fitness Laura - Pool		10:15-11:15AM Arthritis & Injury Aqua Fitness Laura - Pool		
	10:30-11:30AM AOA Chair Strength Philomena - WS1		10:30-11:30AM AOA Chair Strength Philomena - WS1		
					SUNDAY
	5:00-6:00PM Above the Barre Virtual - WS1		5:00-6:00PM Yoga Alli - WS1		12:00-1:00PM Yoga Lorenzo - WS1
6:15-7:15PM Zumba Hani - WS1			6:15-7:15PM Zumba Hani - WS1		

FOR MORE INFORMATION, CONTACT: TRISTA HELVEY, THELVEY@seattleyymca.org