



DALE TURNER FAMILY Y GROUP EXERCISE SCHEDULE

**JANUARY
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15AM BOOT CAMP CHRISTIN -GW		6:15-7:15AM BOOT CAMP CHRISTIN -GW		6:15-7:15AM TurboKick® LISA-GW	8:15AM-9:15AM ALL LEVELS CYCLE Starts 1/15/22
8:00 - 9:00AM YOGA- RESTORATIVE Jennifer-Reflection	8:00 - 8:45AM AOA STRENGTH PAT-GW		8:00-8:45AM AOA STRENGTH PAT-GW	6:15-7:15AM BOOT CAMP CHRISTIN-FAMILY GW	9:30-10:30AM STEP HILLARY-GW
9:30-10:15AM STEP & STRENGTH CHRISTIN-GW	9:00 - 9:55AM AOA DANCE BENGIE-GYM	9:00-9:45AM AOA STRENGTH CHRISTIN-GW	9:00 - 9:55AM AOA DANCE BENGIE-GYM	9:15-10:00AM POUND® ERIK-GW Starts 12/10	
9:30 - 10:15AM TRX SEAN-FAMILY GW		9:30 - 10:15AM TRX SEAN-FAMILY GW	9:30- 10:30AM YOGA-POWER VINYASA KATIE-REFLECTION ROOM	9:30-10:15AM CYCLE OUTDOORS LISA	
	10:00 - 10:45 AM STRENGTH & CONDITIONING AMY-GYM		10:00 - 10:45 AM STRENGTH & CONDITIONING AMY-GYM		
11:00 - 12:00PM AQUA FITNESS JANE-POOL	10:30 - 11:30AM AOA CHAIR STRENGTH BENGIE-GW	11:00 - 12:00PM AQUA FITNESS JANE-POOL	10:30 - 11:30AM AOA CHAIR STRENGTH BENGIE-GW		
		11:45-12:15 PM STRENGTH TRAINING EXPRESS SEAN-GW			
					SUNDAY
		4:00 - 5:00 PM YOGA ALL LEVELS JENNIE- REFLECTION ROOM			10:00-11:00 AM YOGA-HATHA ARPANA-REFLECTION
5:00-6:00PM STRENGTH TRAINING BARBELL PUMP CINDY-GW	4:15-4:45PM STRENGTH TRAINING EXPRESS SEAN-GW	5:00 - 6:00PM ABOVE THE BARRE CINDY-GW	4:15-4:45PM STRENGTH TRAINING EXPRESS SEAN-GW		12:00 - 12:45PM CYCLE ALLLEVELS AMY-GW
5:00-5:45PM CYCLE OUTDOORS LISA	5:00-5:45PM CYCLE & STRENGTH SEAN-GW	5:30- 6:30PM YOGA YIN JENNIE-REFLECTION ROOM	5:00-5:45 PM CYCLE & STRENGTH SEAN-GW		
6:15 - 7:00PM CIRCUIT TRAINING AMY-GW	6:30 - 7:45PM YOGA VINYASA JENNIE-REFLECTION ROOM	6:15 - 7:00PM CIRCUIT TRAINING AMY-GW	6:30- 7:30PM YOGA Starts 1/13/22		*PLEASE BRING OWN MAT TO YOGA CLASSES. *CLASSES ALIGNED WITH KIDS COHORT.
7:00-7:45PM ZUMBA® HILLARY-GYM	6:30-7:30PM TurboKick® MIKAYLA-GW	7:00PM-7:45PM ZUMBA® Starts 1/19/22			updated 12/22/21

FOR MORE INFORMATION CONTACT Sean Klever, sklever@seattleyymca.org