



# AUBURN VALLEY YMCA GROUP EXERCISE SCHEDULE

**AUG  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15AM CYLCE ALL LEVELS BRUCE- CYCLE STUDIO		6:15-7:15AM CYCLE ALL LEVELS BRUCE- CYCLE STUDIO		
		8:00-9:00AM AOA STRENGTH ANNE- MPR			
9:00-10:00AM AQUAFITNESS DENISE-LAP POOL		9:00-10:00AM AQUAFITNESS SUSIE- LAP POOL		9:00-10:00AM AQUAFITNESS DENISE-LAP POOL	
10:00-11:00AM AOA DANCE CHRISSY - MPR	10:00-11:00AM AOA YOGA CHRISSY-REFELCTION ROOM	10:00-11:00AM BOOTCAMP MARK- GYM/OUTSIDE		10:00-11:00am CARDIO STRENGTH KERRY- MPR	
		10:00-11:00AM ZUMBA® CHRISSY -MPR		10:00-11:00AM AOA YOGA JULIA - REFLECTION ROOM	
10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS VICKY- ACTIVITY POOL		10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS VICKY- ACTIVITY POOL		10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS VICKY - ACTIVITY POOL	
	10:30-11:30AM AOA CIRCUIT ANNE- MPR		10:30-11:30AM AOA CIRCUIT LIZ- MPR		
11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS VICKY- ACTIVITY POOL		11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS VICKY - ACTIVITY POOL		11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS VICKY- ACTIVITY POOL	
					<b>SUNDAY</b>
6:00-6:45PM CARDIO STRENGTH KERRY - MPR	6:00-7:00PM TRX® MARK- COMMUNITY ROOM	6:00-6:45PM CARDIO STRENGTH TINA - MPR	6:00-7:00PM TRX® MARK - COMMUNITY ROOM		
7:00-7:45PM ZUMBA® ANA- MPR		7:00-7:45PM ZUMBA® ANA- MPR			

Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time. Those arriving 10 minutes or more after start time may be asked to leave. \*Fee based class requiring registration.

**CLASS  
LOCATIONS**

AUBURN VALLEY YMCA 1620 PERIMETER RD. AUBURN WA 98001