



BELLEVUE SCHEDULE

**AUG
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:15AM CYCLE Heather STUDIO 1	8:15-9:00AM CIRCUIT TRAINING April STUDIO 3			8:30-9:00AM CORE STRENGTH EXPRESS Jen STUDIO 3
8:30-9:15AM AQUA FITNESS Anna POOL	8:00-8:45AM AQUA FITNESS Olga POOL	8:30-9:15AM AQUA FITNESS Anna POOL	8:00-8:45AM AQUA FITNESS DEEP WATER Olga POOL		9:00-10:00AM CARDIO KICKBOXING Jen STUDIO 3
9:00-9:45AM STRETCHING Patti STUDIO 2		9:00-9:45AM STRETCHING Patti STUDIO 2	10:00-11:00AM PILATES-MAT Karen STUDIO 1	9:00-10:00AM YOGA ALL LEVELS Jane STUDIO 2	9:30-10:30AM PILATES- MAT Karen STUDIO 2
9:15-9:45AM CORE STRENGTH EXPRESS Vira STUDIO 3	10:00-11:00AM PILATES-MAT Karen STUDIO 3	9:15-9:45AM CORE STRENGTH EXPRESS April STUDIO 3	10:00-10:45AM AOA CHAIR YOGA Anne STUDIO 2		
10:00-10:45AM AOA STRENGTH Karen GYM	10:00-10:45AM AOA STRENGTH Tatiana STUDIO 2	10:00-10:45AM AOA STRENGTH Liz GYM	10:15-11:15AM ZUMBA Vira STUDIO 3		10:15-11:15AM ZUMBA Vira/Liz STUDIO 3
10:00-10:45AM STRONG NATION Liz STUDIO 3		10:00-10:45AM CARDIO KICKBOXING April STUDIO 3	11:15-11:45AM STRENGTH TRAINING EXPRESS Vira STUDIO 3	10:00-10:45AM STRONG NATION Liz STUDIO 3	10:45-11:45AM YOGA VINYASA Patti STUDIO 2
10:00-11:00AM YOGA ALL LEVELS Patti STUDIO 2		10:00-11:00AM YOGA ALL LEVELS Patti STUDIO 2	11:00-11:45AM NIA CHAIR Rossella STUDIO 2	11:15-12:15PM ABOVE THE BARRE April STUDIO 1	
		11:00-11:45AM ZUMBA GOLD Liz STUDIO 3	12:00-1:00 NIA Rossella STUDIO 1		
		11:15-12:15 ABOVE THE BARRE April STUDIO 1	12:00-1:00PM TAI CHI SECOND SECTION Stefanie STUDIO 3	12:00-12:45PM AOA STRENGTH Lin GYM	
			1:15-2:15PM TAI CHI FIRST SECTION Stefanie STUDIO 3		SUNDAY
			5:30-6:00PM *YOUTH MOVE & DANCE Desiree STUDIO 1		10:00-11:15AM YOGA HATHA Nauder STUDIO 2
			6:15-7:00PM *YOUTH MOVE & RUN Desiree STUDIO 2		10:00-11:00AM ZUMBA Herbert STUDIO 3
5:00-6:00PM YOGA ALL LEVELS Jane STUDIO 2					**MOVE** CLASSES are FREE Group Exercise classes for children. Registration is required. Please sign up at the Membership desk..
5:15-5:45PM STRENGTH & BALANCE Laura STUDIO 3			5:00-6:00PM YOGA ALL LEVELS Nauder STUDIO 2		
6:00-7:00PM ZUMBA Laura STUDIO 3			5:00-6:00PM CARDIO KICKBOXING April STUDIO 3		
6:00-7:30PM SOCIAL DANCE STUDIO 2	6:15-7:15PM BOLLY-X Shilpa STUDIO 3	6:15-7:15PM ZUMBA Mila STUDIO 3	6:15-7:15PM ABOVE THE BARRE April STUDIO 1	6:15-7:15PM YOGA RESTORATIVE Nauder STUDIO 2	
7:00-7:45PM CARDIO KICKBOXING Jen STUDIO 3	7:00-8:00PM BOOTCAMP April GYM	7:15-7:45PM STRENGTH TRAINING EXPRESS Mila STUDIO 3	7:10-8:00PM *YOUTH MOVE & FLOW Olga STUDIO 2	6:30-7:30PM ZUMBA Herbert STUDIO 3	

Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Liz Grant egrant@seattleyymca.org