KENT GROUP EXERCISE SCHEDULE

AUG 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am **Cycle Circuit** Megan STUDIO 1				
8:00-9:00am **Aqua Fitness** Susie POOL	**8:00-9:00am** **Aqua Fitness** Susie POOL		**8:00-9:00am** **Aqua Fitness** Susie POOL		
	8:00-9:15am **Yoga** Alisa STUDIO 2				**9:00-10:00 am** **Yoga** Mia STUDIO 2
9:15-10:15am **H.I.I.T** Emily STUDIO 1		**9:00-10:15am** **Strength Training** Yaz STUDIO 1		**9:15-10:15am** **Cycle** Megan STUDIO 1	
	9:30am-10am **Stretching** Alisa STUDIO 2				
		10:00-11:00am **Zumba Gold** Olga STUDIO 2			
10:30-11:15am **AOA-Chair Strength** Emily STUDIO 2			**10:30-11:15am** **AOA-Circuit** Yaz STUDIO 1	**10:30-11:00am** **Cycle-Beginner** Megan STUDIO1	**10:30-11:30am** **Above the Barre** Mia STUDIO 2
					SUNDAY
					10:00-11:00am **TRX-Circuit** Simba STUDIO 1
	5:15-5:45pm **H.I.I.T** Jamie STUDIO 1		**5:00-6:00pm** **Zumba Kids** Olga STUDIO 1		
	6:00-7:00pm **Yoga** Mia STUDIO 2	**6:00-7:00pm** **Above the Barre** Mia STUDIO 2	**6:00-7:00pm** **Bootcamp** Simba GYM		
6:00-7:00pm **West African Dance** Zebah STUDIO 1					
	6:15-7:15pm **Zumba** Olga STUDIO 1	**6:15-7:15pm** **Total Body Conditioning** Jamie STUDIO 1	**6:15-7:15pm** **Zumba** Olga STUDIO 1		
			6:15-7:30pm **Yoga** Alisa STUDIO 2		

AOA stands for Active Older Adults

Schedule may change without notice - please check facility schedule for most current schedule.

As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Yaz Kabbani: ykabbani@seattleymca.org