



DALE TURNER GROUP EXERCISE SCHEDULE

**AUGUST
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 Boot Camp Christin - GW	
				6:15-7:15am TurboKick Lisa O. - Family GW	
	8:00-8:45am AOA Strength Pat - GW	8:00-8:45am AOA Strength Christin - GW	8:00-8:45am AOA Strength Pat - GW		8:30 - 9:30am Cycle - All Levels Cindy - Cycle Rm.
	9:00-10:00am AOA Dance Bengie - Gym	9:15-10:15am Boot Camp Christin- GW	9:00-10:00am AOA Dance Bengie - Gym		
9:15-10:15am Yoga - Gentle Jennifer - Reflection Rm.	9:15-10:00am Strength & Conditioning Amy - GW	9:15-10:15am Yoga - Gentle Jennifer - Reflection Rm.	9:15-10:00am Strength & Conditioning Amy - GW		9:30-10:30am Step Hillary - GW
9:30-10:15am Cardio Strength Christin - GW	9:30-10:30am Yoga - Hatha Arpana - Reflection Room		9:30-10:30am Yoga - Power Vinyasa Katie- Reflection Room	9:30-10:15am Cardio Strength Christin - GW	
9:30-10:15am TRX Amy - Family GW		9:30-10:15am TRX Amy - Family GW			
				10:00-10:45am Zumba Gold Frances - Family GW	
	10:30-11:30am AOA Chair Strength Bengie - GW		10:30-11:30am AOA Chair Strength Bengie - GW		SUNDAY
		11:00-12:00pm Aqua Fitness Jane - Pool			
		4:15-5:15pm Yoga - All Levels Jennie - Reflection Rm.			10:00-11:00am Yoga - Hatha Arpana - Reflection Rm.
5:00-5:45pm Barbell Pump Cindy - GW	5:00-5:30pm Strength - Express Megan - GW	5:00-5:45pm Step Cindy - GW	5:00-5:30pm Strength - Express Megan - GW		10:00-10:45am Cycle - All Levels Seth- Cycle Rm.
	5:30-6:15pm Cycle - All Levels Megan - Cycle Rm	5:30-6:30pm Yoga - Yin Jennie - Reflection Rm.	5:30-6:15pm Cycle - All Levels Megan - Cycle Rm		11:00 - 11:45am TRX Seth- Family GW
	6:30-7:30pm Yoga - Vinyasa Jennie - Reflection Rm.		6:30-7:30pm Yoga - All Levels Charity - Reflection Rm.		
	6:30-7:30pm TurboKick Jenn - GW		6:30-7:30pm Dance Fitness Hillary - GW		
7:00-7:45pm Zumba Hillary - GW		7:00-7:45pm Zumba Ronnie / Me'Chelle - GW			

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: Cara Lind caralind@seattleyymca.org