



# UNIVERSITY GROUP EXERCISE SCHEDULE

**AUGUST  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00am <b>AOA Strength</b> Josh - Pocock		8:15-9:00am <b>AOA Strength</b> Josh - Pocock			
9:30-10:15am <b>Cycle - All Levels</b> Christine - Pocock		9:30-10:15am <b>Strength &amp; Conditioning</b> Marla - Pocock		9:30-10:15am <b>Cycle - All Levels</b> Christine - Pocock	
	10:00-11:00am <b>Yoga - Gentle</b> Bev - Pocock		10:00-11:00am <b>Yoga - All Levels</b> Bev - Pocock		10:00-11:00am <b>Yoga - All Levels</b> Thashawna - Pocock
	11:15-12:15pm <b>AOA Cardio Fitness</b> Ann - Pocock		11:15-12:15pm <b>AOA Cardio Fitness</b> Ann - Pocock		
				1:00-2:00pm <b>Tai Chi-I</b> Stefanie - Pocock	
				2:15-3:15pm <b>Tai Chi-II</b> Stefanie - Pocock	
				3:30-4:30pm <b>Tai Chi-III</b> Stefanie - Pocock	<b>SUNDAY</b>
					<b>Branch Closed</b>
5:15-6:15pm <b>Zumba</b> Sellyna - Pocock		5:15-6:15pm <b>Zumba</b> Sellyna - Pocock			
	6:15 - 7:00pm <b>HIGH Fitness</b> Erin - Pocock		6:15 - 7:00pm <b>HIGH Fitness</b> Erin - Pocock		

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: Chris Arndt [carndt@seattleyymca.org](mailto:carndt@seattleyymca.org)