



# NORTHSHORE

## GROUP EXERCISE

**AUGUST**  
**2022**

| MONDAY                                                         | TUESDAY                                                          | WEDNESDAY                                                            | THURSDAY                                                         | FRIDAY                                                           | SATURDAY                                                          |
|----------------------------------------------------------------|------------------------------------------------------------------|----------------------------------------------------------------------|------------------------------------------------------------------|------------------------------------------------------------------|-------------------------------------------------------------------|
|                                                                | 7:00-7:45am<br><b>BOOTCAMP</b><br>AMY-MPR                        | 7:00-8:00am<br><b>YOGA VINYASA</b><br>5FD5B5-MPR                     | 7:00-7:45am<br><b>BOOTCAMP</b><br>AMY-MPR                        |                                                                  | 8:00-8:45am<br><b>*AQUA FITNESS</b><br>NANCY-POOL                 |
|                                                                | 8:30-9:00am<br><b>CORE STRENGTH EXPRESS</b><br>CLAIRE-MPR        |                                                                      | 8:30-9:00am<br><b>CORE STRENGTH EXPRESS</b><br>7@F9-MPR          |                                                                  | 8:15-9:15am<br><b>YOGA ALL LEVELS</b><br>5FD5B5-MPR               |
|                                                                |                                                                  |                                                                      |                                                                  |                                                                  |                                                                   |
| 9:15-10:00am<br><b>BARBELL PUMP</b><br>JANE-FG                 | 9:15-10:00am<br><b>ZUMBA</b><br>; @BB5-MPR                       | 9:15-10:00am<br><b>DANCE FITNESS</b><br>ARIANA-MPR                   | 9:15-10:00am<br><b>ZUMBA</b><br>; @BB5-MPR                       | 9:15-10:00am<br><b>BARBELL PUMP</b><br>CLAIRE-MPR                |                                                                   |
|                                                                |                                                                  | 9:30-10:15am<br><b>FUNCTIONAL FITNESS ALL LEVELS</b><br>HEATHER S-FG |                                                                  | 9:30-10:30am<br><b>AOA CARDIO &amp; STRENGTH</b><br>HEATHER S-FG | 9:30-10:15am<br><b>STRENGTH &amp; CONDITIONING</b><br>MARIANA-MPR |
|                                                                | 10:15-11:15am<br><b>YOGA ALL LEVELS</b><br>HEATHER WB-MPR        |                                                                      | 10:15-11:15am<br><b>YOGA ALL LEVELS</b><br>HEATHER WB-MPR        |                                                                  |                                                                   |
| 10:30-11:15am<br><b>AOA CARDIO / STRENGTH</b><br>HEATHER S-MPR |                                                                  | 10:30-11:15am<br><b>AOA CARDIO / STRENGTH</b><br>HEATHER S-FG        |                                                                  |                                                                  | 10:30-11:15am<br><b>MAT PILATES</b><br>MARIANA-THC                |
| 11:00-11:45am<br><b>STRENGTH &amp; BALANCE</b><br>CLAIRE-THC   | 11:00-12:00pm<br><b>AQUA FITNESS</b><br>JANE-POOL                | 11:00-11:45am<br><b>TOTAL BODY CONDITIONING</b><br>VARIES-MPR        | 11:00-12:00pm<br><b>AQUA FITNESS</b><br>JANE-POOL                |                                                                  | 10:30-11:30am<br><b>ZUMBA</b><br>SHANA-MPR                        |
|                                                                | 12:15-1:00pm<br><b>ARTHRITIS &amp; INJURY</b><br>JANE-POOL       |                                                                      | 12:15-1:00pm<br><b>ARTHRITIS &amp; INJURY</b><br>JANE-POOL       |                                                                  |                                                                   |
|                                                                |                                                                  |                                                                      |                                                                  |                                                                  | <b>SUNDAY</b>                                                     |
|                                                                |                                                                  |                                                                      |                                                                  |                                                                  |                                                                   |
|                                                                |                                                                  |                                                                      |                                                                  |                                                                  |                                                                   |
| 5:00-5:30pm<br><b>CARDIO KICKBOXING EXPRESS</b><br>JENNY-MPR   |                                                                  | 5:00-5:30pm<br><b>CARDIO KICKBOXING EXPRESS</b><br>JENNY-MPR         |                                                                  |                                                                  | 10:30-11:30am<br><b>YOGA - ALL LEVELS</b><br>SANKAR-MPR           |
|                                                                | 5:15-6:00pm<br><b>STRENGTH &amp; CONDITIONING</b><br>MARIANA-THC |                                                                      | 5:15-6:00pm<br><b>STRENGTH &amp; CONDITIONING</b><br>MARIANA-THC |                                                                  |                                                                   |
| 5:45-6:45pm<br><b>YOGA ALL LEVELS</b><br>JENNY - MPR           |                                                                  | 5:45-6:45pm<br><b>YOGA ALL LEVELS</b><br>JENNY - MPR                 |                                                                  |                                                                  |                                                                   |
| 6:00-6:45pm<br><b>TOTAL BODY CONDITIONING</b><br>L@5-FG        | 6:00-6:45pm<br><b>BARBELL PUMP</b><br>TRISH-MPR                  | 6:00-6:45pm<br><b>TOTAL BODY CONDITIONING</b><br>@G5-FG              | 6:00-6:45pm<br><b>BARBELL PUMP</b><br>TRISH-MPR                  |                                                                  |                                                                   |
|                                                                | 6:15-7:00pm<br><b>ABOVE THE BARRE</b><br>KELLY T-H<7             |                                                                      | 6:15-7:00pm<br><b>ABOVE THE BARRE</b><br>KELLY T-H<7             |                                                                  |                                                                   |
|                                                                | 7:15-8:00pm<br><b>ZUMBA</b><br>KELLY T-MPR                       |                                                                      | 7:15-8:00pm<br><b>ZUMBA</b><br>KELLY T-MPR                       |                                                                  |                                                                   |

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: Claire Williams      [clairewilliams@seattleyymca.org](mailto:clairewilliams@seattleyymca.org)



# CLASS DESCRIPTIONS

**Above The Barre** - A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.

**AOA - Cardio & Strength** - Combine fun with fitness to increase your cardiovascular endurance. Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement and activity for daily living skills.

**Aqua Fitness** - A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

**Arthritis & Injury - Aqua Fitness** - This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable, therapeutic class with others who understand managing pain. Note: this program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.

**Barbell Pump** - This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.

**Cardio Kickboxing - Express** - Learn boxing and martial arts moves in this high-energy class with challenging cardio intervals. Punch, kick and block your way to greater fitness! \*Express classes are shortened versions of full classes

**Core Strength - Express** - This class will increase stability and balance by targeting your core muscles-abs, back and legs, using a variety of techniques. \*Express classes are shortened versions of full classes

**Cycle - All Levels** - Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.

**Dance Fitness** - This lively workout combines fun dance movements to improve endurance. Weights and resistant bands may be used to build strength and flexibility.

**Functional Strength - All Levels**- Be strong at any age. This class is designed for older exercisers or those new to strength training. Strengthen and tone muscles in a way that simulates daily activities, increasing stability and mobility.

**H.I.I.T.** - High Intensity Interval Training uses moderate-intensity intervals alternated with high-intensity intervals for a full-body workout.

**Pilates - Mat** - This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.

**Strength & Balance** - Use a variety of techniques to increase balance through various strength moves. This class targets the hard hit stabilizer muscles and deep muscles of the core to create better posture, alignment and decrease risk of injuries.

**Strength & Conditioning** - Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.

**Strength & Conditioning - Express** - Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout. \*Express classes are shortened versions of full classes

**Total Body Conditioning** - This fun and challenging total body workout will test your strength and stamina while taking your conditioning to a whole new level. Define muscles by alternating workouts using weights, balls, bands, barbells, and other equipment.

**Yoga - All Levels** - This method of yoga practice integrates both body and mind through safe alignment and balanced breathing. Build up your strength, stability, and postural integrity while practicing mindfulness and breath awareness.

**Yoga - Vinyasa** - Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.

**ZUMBA®** - Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.