



MATT GRIFFIN GROUP WELLNESS

**AUGUST
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	9:00–10:00am Aqua Fitness Laura - Pool		9:00–10:00am Aqua Fitness Laura - Pool		
9:15–10:15am AOA Cardio Strength Philomena - WS1 No class 8/1	9:15–10:15am Stretching Alli - WS1	9:15–10:15am AOA Cardio Strength Philomena - WS1 No class 8/3	9:15–10:15am Stretching Philomena - WS1	9:15–10:15am AOA Cardio Strength Philomena - WS1	
	10:15–11:15am Arthritis & Injury Aqua Fitness Laura - Pool		10:15–11:15am Arthritis & Injury Aqua Fitness Laura - Pool		
	10:30–11:30am AOA Chair Strength Philomena - WS1 No class 8/2		10:30–11:30am AOA Chair Strength Philomena - WS1		
					SUNDAY
4:00–5:00pm Strength Training Colin - WS1		4:00–5:00pm Strength Training Colin - WS1			
			5:00–6:00pm Yoga Alli - RS		12:00–1:00pm Yoga Lorenzo - RS
6:15–7:15pm Zumba Hani - WS1			6:15–7:15pm Zumba Kam - WS1		
		6:45–7:45pm Strong Nation® Mika - WS1		6:45–7:45pm Strong Nation® Mika - WS1 No class 8/5	

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: Trista Helvey thelvey@seattleyymca.org