



# DOWNTOWN GROUP EXERCISE SCHEDULE

**AUG  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>BRANCH CLOSED</b>
<b>10:00-10:45am Aqua Fitness</b> Laura Pool		<b>10:00-10:45am Aqua Fitness</b> Jason Pool		<b>10:00-10:45am Aqua Fitness</b> Jason Pool	
<b>12:00-12:45pm Cycle- All Levels</b> Laura CM Studio					
<b>12:30-1:30pm Yoga- All Levels</b> Jim MB Studio		<b>12:30-1:30pm Yoga- All Levels</b> Jim MB Studio			
					<b>SUNDAY</b>
	<b>4:00-5:00pm Open Boxing</b> No Instructor 7th Floor		<b>4:00-5:00pm Open Boxing</b> No Instructor 7th Floor		<b>BRANCH CLOSED</b>
				<b>5:00-5:30pm Barbell Pump Express</b> Jason 7th Floor	
	<b>5:15-6:00pm HIIT</b> Jason 7th Floor		<b>5:15-6:00pm HIIT</b> Jason 7th Floor		
<b>5:30-6:30pm Total Body Conditioning</b> Laura 7th Floor	<b>5:30-6:30pm Yoga- All Levels</b> Kristine MB Studio	<b>5:30-6:30pm Total Body Conditioning</b> Jason 7th Floor	<b>5:30-6:15pm Cycle- All Levels</b> Laura CM Studio		

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: Laura Ehret [lehret@seattleyymca.org](mailto:lehret@seattleyymca.org)