



WEST SEATTLE FITNESS SCHEDULE

**AUGUST
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	8:30 - 9:15AM CYCLING - ALL LEVELS EMILY STUDIO 4	8:00 - 9:00AM AOA - CIRCUIT SHERRY STUDIO 1	7:00 - 7:30AM CORE STRENGTH PAULA STUDIO 1	7:30 - 8:15AM CYCLING - ALL LEVELS HELEN STUDIO 4	
8:30 - 9:15AM CYCLING - ALL LEVELS ANTOINETTE STUDIO 4	9:00 - 10:00AM ZUMBA GOLD TISH STUDIO 1		7:45 - 8:45AM PILATES - MAT PAULA STUDIO 1	8:30 - 9:30AM BARRE PAULA STUDIO 1	
	9:00 - 10:00AM AQUA FITNESS - MIXED DEPTH AMY POOL	9:30 - 10:30AM YOGA - ALL LEVELS JIM STUDIO 1	8:30 - 9:15AM CYCLING - ALL LEVELS EMILY STUDIO 4		10:30 - 11:30AM YOGA - VINYASA SARAH STUDIO 1
			9:00 - 10:00AM AQUA FITNESS - MIXED DEPTH AMY POOL		11:45AM - 12:45PM ZUMBA DANIELA STUDIO 1
10:45 - 11:45AM AOA - CHAIR YOGA SHERRY STUDIO 1	10:30 - 11:30AM STRENGTH & CONDITIONING AMY STUDIO 1		9:30 - 10:30AM STRENGTH & CONDITIONING ANTOINETTE STUDIO 1		
11:00 - 11:45AM AQUA ARTHRITIS & INJURY LAURA POOL	11:00 - 11:45AM AQUA FITNESS JO POOL	11:00 - 11:45AM AQUA ARTHRITIS & INJURY SEAN POOL	11:00 - 11:45AM AQUA FITNESS JO POOL	11:00 - 11:45AM AQUA ARTHRITIS & INJURY SEAN POOL	
4:30 - 5:15PM CYCLING - ALL LEVELS HELEN STUDIO 4				4:00 - 5:00PM YOGA - ALL LEVELS JIM STUDIO 1	
5:30-6:30PM STRENGTH & CONDITIONING DEE STUDIO 1	5:30 - 6:30PM ZUMBA REEMA STUDIO 1	5:30-6:30PM STRENGTH & CONDITIONING DEE STUDIO 1	5:30 - 6:30PM ZUMBA REEMA STUDIO 1		
	6:45 - 7:45PM PILATES - MAT PAULA STUDIO 1				

SUNDAY

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: Saige Silverman ssilverman@seattleyymca.org

WEST SEATTLE HOURS: MONDAY - FRIDAY 6AM - 8PM & SATURDAY - SUNDAY 8AM - 3PM



FAUNTLEROY FITNESS SCHEDULE

**AUGUST
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	CLOSED		CLOSED		CLOSED
9:15 - 10:15AM AOA - CIRCUIT TISH GYM		9:15 - 10:15AM PILATES - MAT PAULA GYM		9:15 - 10:15AM AOA - CIRCUIT SHERRY GYM	
10:30 - 11:15AM CYCLING - ALL LEVELS EMILY CYCLE STUDIO		10:30 - 11:30AM ZUMBA TISH GYM			
					SUNDAY
					CLOSED

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As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Saige Silverman ssilverman@seattleyymca.org

FAUNTLEROY HOURS: MONDAY, WEDNESDAY, FRIDAY 9AM - 12PM