



DALE TURNER GROUP EXERCISE SCHEDULE

**SEPTEMBER
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am Boot Camp Christin - GW		6:15-7:15am Boot Camp Christin - GW		6:15-7:15am Boot Camp Christin - GW	
				6:15-7:15am TurboKick Lisa - Family GW	
	8:00-8:45am AOA Strength Pat - GW	8:00-8:45am AOA Strength Christin - GW	8:00-8:45am AOA Strength Pat - GW		8:30 - 9:30am Cycle - All Levels Cindy - Cycle Rm
	9:00-10:00am AOA Dance Bengie - Gym	9:15-10:15am Boot Camp Christin- GW	9:00-10:00am AOA Dance Bengie - Gym		
9:15-10:15am Yoga - Gentle Jennifer - Reflection Rm	9:15-10:00am Strength & Conditioning Amy - GW	9:15-10:15am Yoga - Gentle Jennifer - Reflection Rm	9:15-10:00am Strength & Conditioning Amy - GW		9:30-10:30am Step Hillary - GW
9:30-10:15am Cardio Strength Christin - GW	9:30-10:30am Yoga - Hatha Arpana - Reflection Rm	9:30-10:15am TRX Amy - Family GW	9:30-10:30am Yoga - Power Vinyasa Katie- Reflection Rm	9:30-10:15am Cardio Strength Christin - GW	
9:30-10:15am TRX Amy - Family GW				10:00-10:45am Zumba Gold Fran - Family GW	
10:30-11:00am Yoga - Adaptive Jennifer - Reflection Rm	10:30-11:30am AOA Chair Strength Bengie - GW		10:30-11:30am AOA Chair Strength Bengie - GW		
		11:00-12:00pm Aqua Fitness Cara - Pool			
					SUNDAY
					10:00-10:45am Cycle - All Levels Seth - Cycle Rm
	5:00-5:30pm Strength - Express Megan - GW	4:45-5:45pm Yoga - All Levels Jennie - Reflection Rm	5:00-5:30pm Strength - Express Megan - GW		11:00 - 11:45am TRX Seth - Family GW
	5:30-6:15pm Cycle - All Levels Megan - Cycle Rm		5:30-6:15pm Cycle - All Levels Megan - Cycle Rm		
	6:30-7:30pm Yoga - Vinyasa Jennie - Reflection Rm	6:00-7:00pm Yoga - Yin Jennie - Reflection Rm	6:30-7:30pm Yoga - All Levels Charity - Reflection Rm		
	6:30-7:30pm TurboKick Jenn - GW		6:30-7:30pm Dance Fitness Hillary - GW		
7:00-7:45pm Zumba Hillary - GW		7:00-7:45pm Zumba Ronnica / Me'Chelle - GW			

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: Cara Lind caralind@seattleyymca.org