



# DOWNTOWN GROUP EXERCISE SCHEDULE

**NOV  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
					<b>BRANCH CLOSED</b>
	10:30-11:15am <b>AOA- Bold and Balanced</b> Dean CM				
11:00-11:45am <b>Aqua Fitness</b> Jason Pool		11:00-11:45am <b>Aqua Fitness</b> Laura Pool		11:00-11:45am <b>Aqua Fitness</b> Jason Pool	
12:00-12:45pm <b>Cycle- All Levels</b> Laura CM Studio					
12:30-1:30pm <b>Yoga- All Levels</b> Jim MB Studio		12:30-1:30pm <b>Yoga- All Levels</b> Jim MB Studio		12:30-1:30pm <b>Yoga- Vinyasa</b> Tatum MB Studio	
	4:00-5:00pm <b>Open Boxing</b> No Instructor 7th Floor		4:00-5:00pm <b>Open Boxing</b> No Instructor 7th Floor		
					<b>SUNDAY</b>
				5:00-5:45pm <b>Circuit Training</b> Jason 7th Floor	<b>BRANCH CLOSED</b>
5:30-6:30pm <b>Total Body Conditioning</b> Jason 7th Floor	5:30-6:15pm <b>BodyPump</b> Laura CM Studio	5:30-6:30pm <b>Total Body Conditioning</b> Jason 7th Floor	5:30-6:15pm <b>BodyPump</b> Laura CM Studio		
	5:30-6:30pm <b>Yoga- All Levels</b> Kristine MB Studio				
6:30-7:15pm <b>ZUMBA</b> Lauren 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)