



# COAL CREEK FAMILY GROUP EXERCISE SCHEDULE

**NOV  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
7:00-8:00AM <b>YOGA-VINYASA</b> TIFFANY-REFLECTION ROOM	7:00-8:00AM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM	7:00-8:00AM <b>YOGA-VINYASA</b> TIFFANY-REFLECTION ROOM	7:00-8:00AM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM		9:00-10:00AM <b>STRENGTH &amp; CONDITIONING</b> WENDY-WELLNESS STUDIO
8:30-9:15AM <b>AOA STRENGTH</b> TERRIN-GYM 2		8:30-9:15AM <b>AOA STRENGTH</b> TATIANA-GYM 2			9:00-10:00AM <b>YOGA-ALL LEVELS</b> TEAM-REFLECTION ROOM
9:00-9:55AM <b>AQUA ZUMBA®</b> HSIAOLING-ACTIVITY POOL	9:00-10:00AM <b>AQUA FIT</b> TERRIN-ACTIVITY POOL	9:00-9:55AM <b>AQUA FIT</b> HSIAOLING-ACTIVITY POOL	9:00-10:00AM <b>AQUA ZUMBA®</b> TERRIN-ACTIVITY POOL		10:00-11:00AM <b>ZUMBA®</b> KITTY-GYM 2
	9:15-10:15AM <b>KICKBOXING BOOTCAMP</b> WENDY-WELLNESS STUDIO		9:00-10:00AM <b>STRENGTH &amp; CONDITIONING</b> WENDY-WELLNESS STUDIO	9:00-10:00AM <b>STEP &amp; STRENGTH</b> CHRIS-WELLNESS STUDIO	11:00-12:00PM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM
9:30-10:30AM <b>YOGA- ALL LEVELS</b> SARAH-REFLECTION ROOM	9:30-10:30AM <b>YOGA-ALL LEVELS</b> LAUREL-REFLECTION ROOM	9:30-10:30AM <b>YOGA-GENTLE</b> SARAH-REFLECTION ROOM		9:30-10:30AM <b>YOGA-ALL LEVELS</b> SARAH-REFLECTION ROOM	1:30-2:30PM <b>TAI CHI-3RD SECTION</b> STEFANIE-WELLNESS STUDIO
9:30-10:30AM <b>ZUMBA®</b> TERRIN-GYM 2	9:30-10:30AM <b>ZUMBA®</b> HSIAOLING-GYM 2	9:30-10:30AM <b>ZUMBA®</b> CHRIS-GYM 2	9:30-10:30AM <b>ZUMBA GOLD®</b> ALELI-GYM 2	9:30-10:30AM <b>ZUMBA®</b> OLGA-GYM 2	2:00-3:00PM <b>AOA DANCE</b> ALELI-REFLECTION ROOM
	10:30-11:00AM <b>ZUMBA® TONING</b> HSIAOLING-GYM 2		10:15-11:15AM <b>STRONG NATION™</b> HSIAOLING-WELLNESS STUDIO		
10:30-11:30AM <b>STRENGTH &amp; CONDITIONING</b> HOLLY-WELLNESS STUDIO	10:45-11:45AM <b>AOA CHAIR YOGA</b> LAUREL-REFLECTION ROOM	10:30-11:30AM <b>STRENGTH &amp; CONDITIONING</b> HOLLY-WELLNESS STUDIO		10:30-11:15AM <b>STRENGTH &amp; BALANCE</b> LAURA-WELLNESS STUDIO	9:00-10:00AM <b>STRONG NATION™</b> GRACE-WELLNESS STUDIO
	1:30-2:30PM <b>TAI CHI-2ND SECTION</b> STEFANIE-WELLNESS STUDIO			10:45-11:45AM <b>AOA YOGA</b> SARAH-REFLECTION ROOM	10:15-11:15AM <b>LES MILLS BODYPUMP</b> KITTY-WELLNESS STUDIO
				5:00-6:00PM <b>KICKBOXING BOOTCAMP</b> WENDY-WELLNESS STUDIO	10:45-11:45AM <b>YOGA-VINYASA</b> MAUREA-REFLECTION ROOM
5:45-6:45PM <b>CYCLE-ALL LEVELS</b> MAURA-WELLNESS STUDIO	6:00-6:55PM <b>R.I.P.P.E.D.</b> KITTY-WELLNESS STUDIO	5:45-6:45PM <b>CYCLE-ALL LEVELS</b> MAURA-WELLNESS STUDIO	6:00-6:55PM <b>LES MILLS BODYPUMP</b> KITTY-WELLNESS STUDIO		1:30-2:30PM <b>TAI CHI-1ST SECTION</b> STEFANIE-WELLNESS STUDIO
	6:30-7:30PM <b>YOGA-VINYASA</b> CANDICE-REFLECTION ROOM	6:30-7:30PM <b>ABOVE THE BARRE</b> KATIA-REFLECTION ROOM	6:30-7:30PM <b>YOGA-VINYASA</b> MAUREA-REFLECTION ROOM		
7:00-8:00PM <b>ZUMBA®</b> GRACE-WELLNESS STUDIO	7:00-8:00PM <b>ZUMBA®</b> KATIA-WELLNESS STUDIO	7:00-8:00PM <b>STRONG NATION™</b> GRACE-WELLNESS STUDIO	7:00-8:00PM <b>ZUMBA®</b> HSIAOLING-WELLNESS STUDIO		

**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: MAURA STEINER [msteiner@seattleyymca.org](mailto:msteiner@seattleyymca.org)**

## CLASS DESCRIPTIONS

Above the Barre	A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required.
AOA Dance	Tailored for older adults, this lively low-impact workout combines fun dance moves to improve cardiovascular endurance, strength and flexibility.
AOA Strength	Move to the music through a variety of seated and standing exercises designed to increase muscular strength, range of movement, balance and activity for daily living skills.
AOA Chair Yoga	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges—all postures are done standing near or seated in a chair.
AOA Yoga	This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques.
Aqua Fit	A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.
Aqua Zumba®	Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning.
Les Mills BODYPUMP	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
Cycle-All Levels	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.
Kickboxing Boot Camp	A combination of cardio kickboxing moves with boot camp style strength-building exercises.
Pilates-Mat	This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position.
R.I.P.P.E.D.	A constantly changing format that combines resistance, intervals, power, plyometrics, endurance and diet to help you attain and maintain your fitness in ways that are fun, safe and effective.
Step & Strength	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.
Strength & Balance	Use a variety of techniques to increase balance through various strength moves. This class targets the hard-to-hit stabilizer muscles and the deep muscles of the core to create better posture, alignment and decrease risk of injuries.
Strength & Conditioning	Strength training exercises in a group setting using a variety of equipment designed to increase muscular strength and endurance. Bursts of cardio complete this full body workout.
STRONG Nation™	STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match each move. (Similar to H.I.I.T.)
Tai Chi	Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. 1st Sections is for beginners, 2nd and 3rd Sections are for those looking to advance in their practice.
Yoga-All Levels	This method of yoga practice integrates both body and mind through safe alignment and balanced breathing. Build up your strength, stability, and postural integrity while practicing mindfulness and breath awareness.
Yoga-Gentle	Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax the body.
Yoga-Vinyasa	Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment.
Zumba®	Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.
Zumba Gold®	Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength and flexibility. Great for beginners!
Zumba® Toning	This class adds light free weights to traditional Zumba®.