



MATT GRIFFIN GROUP WELLNESS

November
2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:00am Cardio Kickboxing Johnny - WS1	8:15–9:15am BODYPUMP Fern - WS1 No class 11/1	8:00–9:00am Cardio Kickboxing Johnny - WS1	8:15–9:15am BODYPUMP Fern - WS1		
	9:00–10:00am Aqua Fitness Laura - Pool		9:00–10:00am Aqua Fitness Laura - Pool		9:00–10:00am BODYPUMP Mika - WS1
9:15–10:15am AOA Cardio Strength Philomena - WS1	9:15–10:15am Stretching Alli - RS	9:15–10:15am AOA Cardio Strength Philomena - WS1	9:15–10:15am Stretching Philomena - RS	9:15–10:15am AOA Cardio Strength Philomena - WS1	
	10:15–11:15am Arthritis & Injury Aqua Fitness Laura - Pool		10:15–11:15am Arthritis & Injury Aqua Fitness Laura - Pool No class 11/24		
	10:30–11:30am AOA Chair Strength Philomena - WS1		10:30–11:30am AOA Chair Strength Philomena - WS1		
					SUNDAY
4:00–5:00pm Strength Training Colin - WS1		4:00–5:00pm Strength Training Colin - WS1			
5:30–6:30pm BODYPUMP Ar - WS1	5:30–6:15pm Cycle Barbara - WS2	5:30–6:30pm BODYPUMP Mika - WS1	5:00–6:00pm Yoga Alli - RS	5:30–6:15pm Cycle Barbara - WS2	12:00–1:00pm Yoga Lorenzo - RS
	6:15–7:15pm Zumba Hani - WS1		6:15–7:15pm Zumba Kam - WS1		
		6:45–7:45pm Strong Nation® Mika - WS1		6:45–7:45pm Strong Nation® Mika - WS1	

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: Trista Helvey thelvey@seattleyymca.org