



KENT GROUP EXERCISE SCHEDULE

**NOV
2022**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|---|---|
| | | | | | |
| 8:00-9:00am Aqua Fitness Susie POOL | 8:00-9:00am Aqua Fitness Susie POOL | | 8:00-9:00am Aqua Fitness Susie POOL | 8:00-9:00am Aqua Fitness Susie POOL | |
| | | 8:30-9:30am Aqua Zumba Olga POOL | | | |
| | 8:00-8:45am Yoga-All Levels Alisa STUDIO 2 | | | | 10:00-11:00am BodyPump Vani STUDIO 1 |
| | 8:45-9:15am Gentle Yoga Alisa STUDIO 2 | | | | |
| 9:15-10:15am BodyPump Elisa STUDIO 1 | 9:15-10:15am Cycle Heather BIKE ROOM | 9:15-10:15am BodyPump Elisa STUDIO 1 | 9:15-10:15am Strength Training Yaz STUDIO 1 | 9:15-10:15am Cycle Megan BIKE ROOM | |
| | 9:30am-10:00am Stretching Alisa STUDIO 2 | | 9:30am-10:00am Stretching Robin STUDIO 2 | | |
| | | 10:00-11:00am Zumba Gold Olga STUDIO 2 | | | |
| 10:30-11:15am AOA-Chair Strength Emily STUDIO 2 | | | 10:30-11:15am AOA-Circuit Yaz STUDIO 1 | 10:30-11:00am Cycle-Beginner Megan BIKE ROOM | |
| | | | | | SUNDAY |
| | | | | | |
| | | | | | 10:00-11:00am TRX-Circuit Simba STUDIO 1 |
| | | | 5:00-6:00pm Zumba Kids Olga STUDIO 1 | | |
| | | | 6:00-7:00pm Bootcamp Simba GYM | | |
| | 6:15-7:15pm Zumba Olga STUDIO 1 | | 6:15-7:15pm Zumba Olga STUDIO 1 | | |
| | | 6:30-7:30pm BodyPump Vani STUDIO 1 | 6:15-7:00pm Yoga-All Levels Alisa STUDIO 2 | | |
| | | | 7:00-7:30pm Gentle Yoga Alisa STUDIO 2 | | |
| | | | | | |

AOA stands for Active Older Adults

Schedule may change without notice - please check facility schedule for most current schedule.
As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Yaz Kabbani: ykabbani@seattleyymca.org