



# WEST SEATTLE FITNESS SCHEDULE

**NOVEMBER  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>6:15 - 7:15AM</b> <b>BODYPUMP</b> CELITA STUDIO 1		<b>7:30 - 8:15AM</b> <b>CYCLING</b> <b>ALL AGES</b> HELEN STUDIO 4	
<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> ANTOINETTE STUDIO 4	<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> EMILY STUDIO 4	<b>8:00 - 9:00AM</b> <b>AOA - CIRCUIT</b> SHERRY STUDIO 1	<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> EMILY STUDIO 4		
	<b>9:00 - 10:00AM</b> <b>AQUA FITNESS</b> <b>MIXED DEPTH</b> AMY POOL		<b>9:00 - 10:00AM</b> <b>AQUA FITNESS</b> <b>MIXED DEPTH</b> AMY POOL		
<b>9:30 - 10:30AM</b> <b>YOGA</b> <b>VINYASA</b> SARAH STUDIO 1	<b>9:00 - 10:00AM</b> <b>ZUMBA GOLD</b> TISH STUDIO 1	<b>9:30 - 10:30AM</b> <b>YOGA</b> <b>ALL LEVELS</b> JIM STUDIO 1	<b>9:00 - 10:00AM</b> <b>STRENGTH &amp; CONDITIONING</b> ANTOINETTE STUDIO 1		<b>10:30 - 11:30AM</b> <b>YOGA</b> <b>VINYASA</b> SARAH STUDIO 1
<b>10:45 - 11:45AM</b> <b>AOA - YOGA</b> SHERRY STUDIO 1	<b>10:30 - 11:30AM</b> <b>STRENGTH &amp; CONDITIONING</b> AMY STUDIO 1		<b>10:15 - 11:15AM</b> <b>AOA - YOGA</b> SHERRY STUDIO 1		<b>11:45AM - 12:45PM</b> <b>ZUMBA</b> RENEE STUDIO 1
<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL		<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL		<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL	<b>1:00 - 2:00PM</b> <b>BODYPUMP</b> STEPHANIE STUDIO 1
				<b>4:00 - 5:00PM</b> <b>YOGA - ALL LEVELS</b> JIM STUDIO 1	<b>SUNDAY</b>
<b>5:30-6:30PM</b> <b>STRENGTH &amp; CONDITIONING</b> DEE STUDIO 1	<b>5:30 - 6:30PM</b> <b>ZUMBA</b> REEMA STUDIO 1	<b>5:30-6:30PM</b> <b>STRENGTH &amp; CONDITIONING</b> DEE STUDIO 1	<b>5:30 - 6:30PM</b> <b>ZUMBA</b> REEMA STUDIO 1		
	<b>6:45 - 7:45PM</b> <b>PILATES - MAT</b> PAULA STUDIO 1				

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: Saige Silverman at [ssilverman@seattleyymca.org](mailto:ssilverman@seattleyymca.org)

WEST SEATTLE HOURS: MONDAY-THURSDAY 6AM - 9PM , FRIDAYS 6AM-8PM, SATURDAY 7AM-5PM & SUNDAY 8AM - 5PM



# FAUNTLEROY FITNESS SCHEDULE

**NOVEMBER  
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YMCA is CLOSED		YMCA is CLOSED		YMCA is CLOSED
9:15 - 10:15AM AOA CIRCUIT TISH GYM		9:15 - 10:15AM ABOVE the BARRE TISH GYM		9:15 - 10:15AM AOA CIRCUIT SHERRY GYM	
		10:30 - 11:30AM ZUMBA TISH GYM			
					<b>SUNDAY</b>
					YMCA is CLOSED

Schedule may change without notice - please check website for most current schedule.

As a courtesy to others, please arrive on time.

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FAUNTLEROY HOURS: MONDAY, WEDNESDAY, FRIDAY 9AM - 12PM