



UNIVERSITY GROUP EXERCISE SCHEDULE

**November
2022**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00am AOA Strength Josh - Pocock		8:15-9:00am AOA Strength Josh - Pocock			
		9:30-10:15am Strength & Conditioning Marla - Pocock			9:00-9:45am Total Body Conditioning Jon - GW
	10:00-11:00am Yoga - Gentle Bev - Pocock		10:00-11:00am Yoga - All Levels Bev - Pocock		10:00-11:00am Yoga - All Levels Thashawna - Pocock
	11:15-12:15pm AOA Cardio Fitness Ann - Pocock		11:15-12:15pm AOA Cardio Fitness Ann - Pocock		
				1:00-2:00pm Tai Chi-I Stefanie - Pocock	
				2:15-3:15pm Tai Chi-II Stefanie - Pocock	
				3:30-4:30pm Tai Chi-III Stefanie - Pocock	SUNDAY
					Branch Closed
5:15-6:15pm Zumba Sellyna - Pocock	5:15 - 6:00pm Total Body Conditioning Jon - GW	5:15-6:15pm Zumba Sellyna - Pocock	5:15 - 6:00pm Total Body Conditioning Jon - GW		
6:15 - 7:00pm Barbell Pump Anna Leesa - GW	6:15 - 7:00pm HIGH Fitness Erin - Pocock	6:15 - 7:00pm Barbell Pump Anna Leesa - GW	6:15 - 7:00pm HIGH Fitness Erin - Pocock		

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: Jon Bolden | jbolden@seattlemca.org