



SAMMAMISH YMCA GROUP EXERCISE SCHEDULE

**MARCH
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15AM BOOTCAMP Janis-SM GYM	6:15-7:15AM CYCLE-ALL LEVELS Janis-GF3	6:15-7:15AM BOOTCAMP Alison-SM GYM	6:15-7:15AM CYCLE-ALL LEVELS Janis-GF3		
8:00-9:00AM YOGA-ALL LEVELS Shannon-RR	6:30-7:15AM YOGA-ALL LEVELS SHANNON-RR	8:00-9:00AM STRENGTH & CONDITIONING Katia-GF1	6:30-7:15AM YOGA-ALL LEVELS Shannon-RR	8:00-9:00AM STRENGTH & CONDITIONING Katia-GF1	8:15-9:15AM YOGA- ALL LEVELS Ceres-GF1
8:00-9:00AM STRENGTH & CONDITIONING Katia-GF1	8:00-9:00AM STRENGTH & CONDITIONING KRISTIN-GF1	8:00-9:00AM YOGA-ALL LEVELS Lori-RR	8:00-9:00AM STRENGTH & CONDITIONING Vicki-GF1	8:00-9:00AM YOGA-ALL LEVELS Lori-RR	8:30-9:30AM CYCLE- ALL LEVELS Cornell-GF3
8:30-9:30AM CYCLE-ALL LEVELS Tim-GF3	8:15-9:15AM BARBELL PUMP DIANA-SM GYM	8:30-9:30AM CYCLE-ALL LEVELS Tim-GF3	8:15-9:15AM BARBELL PUMP Diana-SM GYM	8:30-9:30AM CYCLE-CORE Tim-SM GYM	9:30-10:30AM YOGA- ALL LEVELS Ceres-RR
9:15-10:15AM YOGA-GENTLE* Sanjyot-GF1	9:30-10:30AM NIA® VICCI-RR	9:15-10:15AM YOGA-GENTLE* Sanjyot-GF1	9:30-10:30AM NIA® Rande-RR	8:30-9:30AM AQUA ZUMBA® Hsiaoling-LAP POOL	9:30-10:30AM KICKBOXING BOOTCAMP Margaret-GF1
10:00-11:00AM STRENGTH TRAINING Sue-SM GYM	9:30-10:30AM STEP SUE-GF1	10:00-11:00AM STRENGTH TRAINING Sue-SM GYM	9:30-10:30AM CYCLE- ALL LEVELS Cornell-GF3	9:45-10:45AM ABOVE THE BARRE Margaret-GF1	9:45-10:15AM CORE Cornell-GF3
10:00-11:00AM ZUMBA® Rachelle-LARGE GYM	9:30-10:30AM CYCLE- ALL LEVELS CORNELL-GF3	10:00-11:00AM PILATES-MAT* Karen-RR	9:45-10:45AM AQUA FITNESS Alison-LAP POOL	10:00-11:00AM ZUMBA® TONING* Jean-SM GYM	10:00-11:00AM ZUMBA® Shanyn-LG GYM
10:30AM-11:30AM YOGA-ALL LEVEL Sanjyot-GF1	9:45-10:45AM AQUA FITNESS ALISON-LAP POOL	10:00-11:00AM ZUMBA® Angie-LARGE GYM	9:45-10:45AM POP PILATES® Jean-GF1	10:00-11:00AM PILATES-MAT* Karen-RR	10:45-11:45AM TAI CHI-2nd Sec Stefanie-RR
10:30-11:30AM STRETCHING Laurel-RR	10:00-11:00AM ZUMBA® RACHELLE- LG GYM	10:30AM-11:30PM YOGA-ALL LEVEL Sanjyot-GF1	10:00-11:00AM ZUMBA® Rachel-LG GYM	11:00 AM- 12:00PM AOA CARDIO & STRENGTH Avivit-GF1 NO CLASS 3/17	
11:30 AM- 12:30PM AOA CIRCUIT Sue-SM GYM	10:45-11:15AM CORE CORNELL-GF3	11:15 AM- 12:15PM BODYPUMP® Jean-SM GYM	10:00-11:00AM STRENGTH & CONDITIONING Vicki-SM GYM	♥ 3/17 11:00 AM- 12:30PM AOA EXTRAVAGANZA AOA Team-LG GYM	
11:45-12:45AM AOA CHAIR YOGA Laurel-GF1	10:45-11:45AM TAI CHI-2nd Sec Stefanie-RR	11:45AM- 12:45PM AOA CARDIO & STRENGTH Vicki-GF1	10:00-11:00AM QUEENAX® \$ Sue-Fitness Floor		
	11:00AM-12:00PM AOA STRENGTH Sue-GF1	1:00-1:30PM LINE DANCING Vicki-GF1	10:30-11:00AM NIA® FLOORPLAY Rande-RR		SUNDAY
5:00-6:00PM QUEENAX® \$ Robert-Fitness Floor	11:15-12:15PM STRONG NATION® Rachel-LG GYM		10:45-11:15AM CORE Cornell-GF3		8:30-9:30AM YOGA- ALL LEVELS Lori-RR
5:00-6:00PM STRENGTH & CONDITIONING Katia-GF1	1:00-2:00PM PEDAL 4 PARKINSON'S Tim-GF3		11:00-11:45AM ZUMBA® GOLD Kristin-GF1		9:00-10:00AM STRENGTH & CONDITIONING Bushra-GF1
6:00-7:00PM YOGA - ALL LEVELS Ceres-RR		5:00-6:00PM BODYPUMP® Laura-SM GYM	11:15-12:15PM STRONG NATION® Rachel-LG GYM		10:45-11:45AM TAI CHI-1st Sec Stefanie-GF1
6:30-7:30PM CYCLE- ALL LEVELS Robert-GF3 NO CLASS 3/27		6:00-7:00PM YOGA - ALL LEVELS Ceres-RR	1:00-2:00PM PEDAL 4 PARKINSON'S Tim-GF3		♥ 3/26 7:00-8:30PM YOGA UNDER THE STARS Yoga Team-SM GYM
♥ 3/27 6:30-7:30PM CYCLE POWER OF GIVING Cycle Team-GF3		6:15-6:45PM POUND® Laura-SM GYM			
6:30-7:30PM ABOVE THE BARRE Margaret-GF1	5:30-6:15PM CYCLE- ALL LEVELS Teresa-GF3	6:30-7:30PM PILATES-MAT Teresa-GF1	6:00-6:45PM BODYPUMP® Margaret-SM GYM NO CLASS 3/30		* Class requires a wristband from the membership desk 15 minutes prior to class
7:00-8:00PM BOLLYWOOD FITNESS Deepti-SM GYM	6:30-7:30PM CARDIO STRENGTH Teresa-GF1	6:30-7:30PM RPM® Robert-GF3	7:00-8:00PM ZUMBA® Angie-SM GYM NO CLASS 3/30		\$ Fee Based-Team Training ♥ Annual Fund Drive Event- Please see branch flyers for details.
7:45-8:45PM PILATES-MAT Teresa-GF1	7:00-8:00PM ZUMBA® Rachel-LG GYM	7:00-8:00PM BOLLYWOOD FITNESS Deepti-SM GYM	♥ 3/30 7:00-8:00PM STRENGTH for a Cause Strength Team-SM GYM	♥ 3/31 7:00-8:30PM ZUMBA® Heart of Gold Dance Fitness Team-LG GYM	POP UP- TEMPORARY DATE AND TIME

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: Tim Hare thare@seattleyymca.org

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 - CARDIO & STRENGTH	Combine fun with fitness to increase your cardiovascular endurance. Move to the music through a variety of chair-based exercises designed to increase muscular strength, range of movement 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 - CIRCUIT	Increase stamina and strength for daily living with a standing circuit workout. The class alternates between light weights and non-impact aerobics for a fun workout. Chairs are offered for support, stretching and relaxation exercises.
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.
AQUA FITNESS	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.
BARBELL PUMP	This low weight, high repetition barbell class will challenge all of your major muscle groups. Through resistance training you'll sculpt, tone and strengthen your entire body as you squat, press, lift and curl.
BODYPUMP®	LES MILLS BODYPUMP® is a scientifically-backed barbell workout using light to moderate weights and high reps to build strength and get you fit-fast.
BOLLYWOOD FITNESS	Inspired by the high-energy music of Indian films, this mixed level class combines traditional Indian folk dance movements with modern dance techniques and exercise. You will have fun, feel energized and get fit all at the same time!
BOOT CAMP	Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength-building activities, which may include plyometrics, calisthenics, cycling, circuit training, jumping rope, speed work, lunging and more.
CARDIO STRENGTH	This highly energetic class incorporates a full-body workout that targets all of the major muscle groups by integrating strength training with a cardio aerobic workout. *May use step platform
CIRCUIT	Maximize your time by getting a complete workout in one class! This format alternates timed intervals of strength and cardio segments, in a group or with rotating stations.
CORE STRENGTH	This class will increase stability and balance by targeting your core muscles-abs, back and legs, using a variety of techniques.
CYCLE - ALL LEVELS	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities.
KICKBOXING BOOTCAMP	A combination of cardio kickboxing moves with boot camp style strength-building exercises.
NIA®	Nia® is a mindful dance fitness practice that not only conditions your body in remarkable ways, but also conditions your mind with the creative use of music and movement.
NIA® FloorPlay	Nia® FloorPlay is an hour-long Nia class experience and is just that, playing on the floor with functional movement, in relationship to gravity.
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.
POP PILATES®	This class is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.
POUND®	POUND® is the world's first cardio jam session inspired by the energizing, infectious, fun of Playing the drums. Come unleash your inner Rock Star and make noise with us.
RPM®	RPM™ is a group indoor cycling workout where you control the intensity. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding.
STEP	Enjoy fun, low-impact stepping using different speeds and choreography on and off the step.
STRENGTH TRAINING	Strengthen and tone your muscles using weights and other resistance equipment.
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 high intensity interval training with the science of synced music motivation. In every class, music and moves sync perfectly to push you beyond your limits.
STRETCHING	Stretch your muscles, calm your mind, help with injuries and soothe tension.
TAI CHI	Tai Chi Chuan brings many benefits. Improved strength, coordination, posture, concentration and a greater energy level. The form is presented in a sequential manner, studying one movement each week. Regular participation is preferable.
TAI CHI - First Section	For those beginning their study of Traditional Yang Family Tai Chi Chuan.
TAI CHI - Second Section	For all those who have studied the First Section of traditional Yang Family Tai Chi Chuan, or with Instructor permission.
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	A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.
ZUMBA®	A Latin-inspired dance fitness 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	Takes the original Zumba® dance fitness class to the next level utilizing an innovative muscle training protocol and the addition of weights.