



AUBURN VALLEY YMCA GROUP EXERCISE SCHEDULE

**MARCH
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:15-7:15AM CYLCE ALL LEVELS Bruce- CYCLE STUDIO		6:15-7:15AM CYCLE ALL LEVELS Bruce- CYCLE STUDIO		
					8:30-9:15AM LesMills RPM™ Stephanie- CYCLE STUDIO
9:00-10:00AM AQUAFITNESS Denise-LAP POOL		9:00-10:00AM AQUAFITNESS Denise- LAP POOL		9:00-10:00AM AQUAFITNESS Denise-LAP POOL	9:30-10:30AM LesMills BODYPUMP™ Stephanie - MPR
		9:30-10:30AM ZUMBA® Chrissy- MPR	9:30-10:30AM STEP & STRENGTH Kerry - MPR	10:00-11:00AM TOTAL BODY CONDITIONING Mark-MPR	10:45-11:45AM ZUMBA® MPR
	10:00-11:00AM AOA YOGA Chrissy REFLECTION ROOM	10:00-11:00AM BOOTCAMP Mark GYM/OUTSIDE	10:00-11:00AM AOA YOGA Chrissy REFLECTION ROOM	10:00-11:00AM PILATES Liz REFLECTION ROOM	
10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS Vicky- ACTIVITY POOL		10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS Vicky- ACTIVITY POOL		10:00-11:00AM ARTHRITIS & INJURY AQUAFITNESS Vicky- ACTIVITY POOL	
10:45-11:45AM AOA CIRCUIT Liz/Kerry -MPR		10:45-11:45AM AOA CIRCUIT Liz - MPR			
11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS Vicky- ACTIVITY POOL	11:15AM-12:15PM AOA DANCE Chrissy- MPR	11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS VICKY - ACTIVITY POOL	11:15AM-12:15PM AOA DANCE Chrissy-MPR	11:00AM-12:00PM ARTHRITIS & INJURY AQUAFITNESS Vicky- ACTIVITY POOL	
					SUNDAY
6:00-7:00PM CARDIO STRENGTH Kerry MPR	6:00-7:00PM TRX® Mark COMMUNTY ROOM	6:00-7:00PM CARDIO STRENGTH Tina MPR	6:00-7:00PM TRX® Mark COMMUNITY ROOM		
	STARTING 3/14/23 7:00-8:00PM LesMills BODYPUMP™ Tatyana - MPR		STARTING 3/16/23 7:00-8:00PM LesMills BODYPUMP™ Tatyana - MPR		
7:15-8:15PM ZUMBA® Ana- MPR		7:15-8:15PM ZUMBA® Ana- MPR			

Schedule may change without notice - please check website for most current schedule. As a courtesy to others, please arrive on time. Those arriving 10 minutes or more after start time may be asked to leave. *Fee based class requiring registration.

**CLASS
LOCATIONS**

AUBURN VALLEY YMCA 1620 PERIMETER RD. AUBURN WA 98001