



MATT GRIFFIN GROUP EXERCISE SCHEDULE

**MARCH
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00–9:00am CARDIO KICKBOXING Johnny - WS1	8:15–9:15am LES MILLS BODYPUMP Fern - WS1	8:00–9:00am CARDIO KICKBOXING Johnny - WS1	8:15–9:15am LES MILLS BODYPUMP Fern - WS1		
	9:00–10:00am AQUA FITNESS Laura - Pool		9:00–10:00am AQUA FITNESS Laura - Pool		8:45–9:45am ZUMBA Raquel - WS1
9:15–10:15am AOA CARDIO STRENGTH Philomena - WS1	9:15–10:15am STRECHING Alli - RS	9:15–10:15am AOA CARDIO STRENGTH Philomena - WS1	9:15–10:15am STRETCHING Philomena - RS	9:15–10:15am AOA CARDIO STRENGTH Philomena- WS1	10:00–11:00am LES MILLS BODYPUMP Mika - WS1
	10:15–11:15am ARTHRITIS & INJURY AQUA FITNESS Laura - Pool		10:15–11:15am ARTHRITIS & INJURY AQUA FITNESS Laura - Pool		
	10:30–11:30am AOA CHAIR STRENGTH Philomena- WS1		10:30–11:30am AOA CHAIR STRENGTH Philomena - WS1		
					SUNDAY
4:00–5:00pm STRENGTH TRAINING Colin - WS1		4:00–5:00pm STRENGTH TRAINING Colin - WS1			
5:30–6:30pm LES MILLS BODYPUMP Ar - WS1	5:30–6:15pm LES MILLS RPM Barbara - WS2	5:30–6:30pm LES MILLS BODYPUMP Mika - WS1	5:00–6:00pm YOGA Alli - RS	5:30–6:15pm LES MILLS RPM Barbara - WS2	12:00–1:00pm YOGA Lorenzo - RS
	6:15–7:15pm ZUMBA Raquel - WS1		6:15–7:15pm ZUMBA Kam - WS1		12:00–12:45pm LES MILLS RPM Barbara - WS2
		6:45–7:45pm STRONG NATION® Mika - WS1		6:45–7:45pm STRONG NATION® Mika - WS1 No class 3/3	1:00–1:30pm LES MILLS BODYPUMP Barbara - WS1

Schedule may change without notice.

FOR MORE INFORMATION, CONTACT: Trista Helvey thelvey@seattleyymca.org