



UNIVERSITY GROUP EXERCISE SCHEDULE

**March
2023**

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 - Pocock
	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 Cardio Boxing Jon - Pocock	11:15-12:15pm AOA Cardio Fitness Ann - Pocock		11:15-12:15pm AOA Cardio Fitness Ann - Pocock	11:15-12:15pm Cardio Boxing Jon - 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
4:00p-5:00pm Cardio Mix Jon - Pocock		4:00p-5:00pm Cardio Mix Jon - Pocock			
5:15-6:15pm Zumba Sellyna - Pocock	5:00p- 6:00pm Total Body Conditioning Jon - Pocock	5:15-6:15pm Zumba Sellyna - Pocock	5:00p - 6:00p Total Body Conditioning Jon - Pocock		
6:30 - 7:15pm Les Mills BodyPump Anna Leesa - Pocock	6:15 - 7:00pm HIGH Fitness Erin - Pocock	6:30- 7:15pm Les Mills BodyPump Anna Leesa - Pocock	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