



# WEST SEATTLE GROUP EXERCISE SCHEDULE

**MARCH  
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		<b>6:15 - 7:15AM</b> <b>BODYPUMP</b> CELITA STUDIO 1		<b>7:30 - 8:15AM</b> <b>CYCLING</b> <b>ALL AGES</b> HELEN STUDIO 4	
<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> ANTOINETTE STUDIO 4	<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> EMILY STUDIO 4	<b>8:00 - 9:00AM</b> <b>AOA - CIRCUIT</b> SHERRY STUDIO 1	<b>8:30 - 9:15AM</b> <b>CYCLING</b> <b>ALL LEVELS</b> EMILY STUDIO 4		
	<b>9:00 - 10:00AM</b> <b>AQUA FITNESS</b> <b>MIXED DEPTH</b> AMY POOL		<b>9:00 - 10:00AM</b> <b>AQUA FITNESS</b> <b>MIXED DEPTH</b> AMY POOL		<b>10:30 - 11:30AM</b> <b>YOGA</b> <b>VINYASA</b> SARAH STUDIO 1
<b>9:30 - 10:30AM</b> <b>YOGA</b> <b>VINYASA</b> SARAH STUDIO 1	<b>9:00 - 10:00AM</b> <b>ZUMBA GOLD</b> MARIA STUDIO 1	<b>9:30 - 10:30AM</b> <b>YOGA</b> <b>ALL LEVELS</b> JIM STUDIO 1	<b>9:00 - 10:00AM</b> <b>STRENGTH &amp; CONDITIONING</b> ANTOINETTE STUDIO 1		<b>11:45AM - 12:45PM</b> <b>ZUMBA</b> RENEE STUDIO 1
<b>10:45 - 11:45AM</b> <b>AOA - YOGA</b> SHERRY STUDIO 1	<b>10:30 - 11:30AM</b> <b>STRENGTH &amp; CONDITIONING</b> AMY STUDIO 1		<b>10:15 - 11:15AM</b> <b>AOA - YOGA</b> SHERRY STUDIO 1		<b>12:00-12:45PM</b> <b>RPM</b> STEPHANIE STUDIO 4
<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL		<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL		<b>11:00 - 11:45AM</b> <b>AQUA ARTHRITIS &amp; INJURY</b> LAURA POOL	<b>1:00 - 2:00PM</b> <b>BODYPUMP</b> STEPHANIE STUDIO 1
<b>5:30-6:30PM</b> <b>STRENGTH &amp; CONDITIONING</b> DEE STUDIO 1	<b>5:30 - 6:30PM</b> <b>ZUMBA</b> REEMA STUDIO 1	<b>5:30-6:30PM</b> <b>STRENGTH &amp; CONDITIONING</b> DEE STUDIO 1	<b>5:30 - 6:30PM</b> <b>ZUMBA</b> REEMA STUDIO 1	<b>4:00 - 5:00PM</b> <b>YOGA - ALL LEVELS</b> JIM STUDIO 1	<b>10:30 - 11:30AM</b> <b>YOGA</b> <b>ALL LEVELS</b> CAITLYN STUDIO 1
	<b>6:45 - 7:45PM</b> <b>PILATES - MAT</b> PAULA STUDIO 1	<b>6:45 - 7:45PM</b> <b>ZUMBA</b> RENEE STUDIO 1	<b>6:45 - 7:45PM</b> <b>YOGA - VINYASA</b> CAITLYN STUDIO 1		
	<b>8:00-8:30PM</b> <b>STRETCHING</b> PAULA STUDIO 1				

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: Saige Silverman at [ssilverman@seattleyymca.org](mailto:ssilverman@seattleyymca.org)

WEST SEATTLE HOURS: MONDAY-THURSDAY 6AM - 9PM , FRIDAYS 6AM-8PM, SATURDAY 7AM-5PM & SUNDAY 8AM - 5PM



# FAUNTLEROY GROUP EXERCISE SCHEDULE

**MARCH  
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YMCA CLOSED		YMCA CLOSED		YMCA CLOSED
9:15 - 10:15AM AOA - CIRCUIT MARIA GYM		9:15 - 10:15AM AOA - CIRCUIT MARIA GYM		9:15 - 10:15AM AOA - CIRCUIT SHERRY GYM	
		10:30 - 11:30AM ZUMBA MARIA GYM			
					<b>SUNDAY</b>
					YMCA CLOSED

Schedule may change without notice - please check website for most current schedule.

As a courtesy to others, please arrive on time.

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FAUNTLEROY HOURS: MONDAY, WEDNESDAY, FRIDAY 9AM - 12PM