



DALE TURNER GROUP EXERCISE SCHEDULE

**MARCH
2023**

All classes are FREE with membership. No registration required, just drop-in! As a courtesy to others, please arrive on time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am BOOT CAMP Christin - GW	6:15-7:15am LES MILLS RPM Jennifer - Cycle Rm	6:15-7:15am BOOT CAMP Christin - GW		6:15-7:15am BOOT CAMP Christin - GW	
7:45-8:30am PILATES - MAT Cindy - Reflection Rm		7:45-8:30am PILATES - MAT Cindy - Reflection Rm			
	8:00-8:45am AOA STRENGTH Pat - GW		8:00-8:45am AOA STRENGTH Pat - GW		
8:45-9:30am CYCLE - ALL LEVELS Cindy - Cycle Rm		8:45-9:30am LES MILLS RPM Christin - Cycle Rm			8:30 - 9:30am CYCLE - ALL LEVELS Cindy - Cycle Rm
9:00-10:00am LES MILLS BODYPUMP Christin - GW	9:00-10:00am AOA DANCE Bengie - Gym	9:00-9:45am BARBELL PUMP Cindy - GW	9:00-10:00am AOA DANCE Bengie - Gym	9:00-10:00am LES MILLS BODYPUMP Christin - GW	9:30-10:30am STEP Hillary - GW
9:15-10:15am YOGA - GENTLE Jennifer - Reflection Rm	9:15-10:00am STRENGTH & CONDITIONING Amy - GW	9:15-10:15am YOGA - GENTLE Jennifer - Reflection Rm	9:15-10:00am STRENGTH & CONDITIONING Amy - GW	9:15-9:45am MONTHLY MEDITATION Jennifer - Reflection Rm <i>First Friday of the month</i>	10:00-11:00am YOGA - ALL LEVELS Trudy - Reflection Rm
9:30-10:15am TRX Amy - Family GW	9:30-10:30am YOGA - HATHA Arpana - Reflection Rm	9:30-10:15am TRX Amy - Family GW	9:30-10:30am YOGA - POWER VINYASA Katie - Reflection Rm	9:30-10:15am TRX Jerry - Family GW	10:30-11:00am STRENGTH - EXPRESS Hillary - GW
10:15-11:15am ZUMBA GOLD Fran - GW	10:30-11:30am AOA Chair Strength Bengie - GW	10:00-11:00am DANCE FITNESS Bengie - GW	10:30-11:30am AOA CHAIR STRENGTH Bengie - GW	10:15-11:15am ZUMBA GOLD Fran - GW	
		10:30-11:00am YOGA - CHAIR Jennifer - Reflection Rm			
11:00-12:00pm AQUA FITNESS Catherine - Pool		11:00-12:00pm AQUA FITNESS Catherine - Pool			
		11:30am-12:00pm ADAPTIVE MOVEMENT Bengie - GW			
4:45-5:45pm YOGA - VINYASA Jennie - Reflection Rm	5:00-5:30pm STRENGTH - EXPRESS Megan - GW	4:30-5:30pm YOGA - ALL LEVELS Jennie - Reflection Rm	5:00-5:30pm STRENGTH - EXPRESS Megan - GW		9:30-10:30am CYCLE - ALL LEVELS Seth - Cycle Rm
	5:30-6:15pm CYCLE - ALL LEVELS Megan - Cycle Rm		5:30-6:15pm CYCLE - ALL LEVELS Megan - Cycle Rm		11:00am-12:00pm TRX Seth - Family GW
	5:45-6:30pm LES MILLS BODYPUMP Jenn - GW	5:45-6:45pm YOGA - YIN Jennie - Reflection Rm	5:45-6:30pm LES MILLS BODYPUMP Laura - GW		
6:00-6:45pm STEP Hillary - GW	6:30-7:45pm YOGA - VINYASA Jennie - Reflection Rm	6:00-6:45pm STEP & STRENGTH Hillary - GW		6:30-7:30pm YOGA - ALL LEVELS Charity - Reflection Rm	
7:00-8:00pm ZUMBA Ronnie - GW	6:30-7:30pm TURBOKICK Jenn - GW	7:00-8:00pm ZUMBA Me'Chelle - GW	6:30-7:30pm ZUMBA Hillary - GW		
	7:30-8:30pm AQUA FITNESS Catherine - Pool		7:30-8:30pm AQUA FITNESS Catherine - Pool		

Classes in the orange box fall within Kids Zone hours - get a workout in while the kids play!

Schedule may change without notice - please check with the front desk for current schedule.

FOR MORE INFORMATION, CONTACT: Laura Ehret lehret@seattleyymca.org

Group Exercise Class Descriptions

Adaptive Chair Yoga	This class is great for those who are new to chair yoga or are in a wheelchair. Everyone will be invited to participate in meditation and movement, with a focus on the breath and mindfulness.
Adaptive Movement	Created to bring together individuals with and without disabilities to participate in physical activity. This class emphasizes skill development, movement, and fun.
AOA Chair Strength	Have fun and move through a variety of exercises designed to increase strength, range of motion and activity for daily living skills. Light weights, bands, and exercise balls are offered for resistance. A chair is used for seated and/or standing support.
AOA Dance	Tailored for older adults, this lively low-impact workout combines fun dance moves to improve cardiovascular endurance, strength, and flexibility.
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.
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.
Cycle – All Levels	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout.
Latin Dance	Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.
Les Mills BODYPUMP	Using light to moderate weights with lots of repetition, BODYPUMP gives you a total body workout. Instructors will coach you through the scientifically-backed moves and techniques pumping out encouragement, motivation and great music – helping you achieve much more than on your own! You'll leave the class feeling challenged and motivated, ready to come back for more.
Pilates – Mat	This class is designed to increase core strength and flexibility plus align the mind and body. A series of movement are linked with the breath and performed from a sitting, reclining or standing position.
Step	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step.
Step & Strength	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.
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.
Strength – Express	Strengthen and tone your muscles using weights and other resistance equipment in this class. *Express classes are shortened versions of full classes.
TurboKick®	This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric burn.
TRX®	Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.
World Dance Fitness	This lively workout combines fun dance movements and music from all cultures to improve endurance.
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 – Hatha	Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.
Yoga – Power Vinyasa	A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.
Yoga – Vinyasa	Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga build heat, flexibility, and strength while maintaining focus on good alignment.
Yoga – Yin	Yin Yoga targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis, and lower spine.
Zumba®	Zumba® is a Latin-inspired dance 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!