



DOWNTOWN GROUP EXERCISE SCHEDULE

**March
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	10:30-11:15am AOA- Bold & Balanced Dean CM Studio		10:30-11:15am Stretching Jason MB Studio		BRANCH CLOSED
11:00-11:45am Aqua Fitness Jason Pool		11:00-11:45am Aqua Fitness Jason Pool		11:00-11:45am Aqua Fitness Jason Pool	
				11:00am - 12:00pm Yoga- Vinyasa Tatum MB Studio	
12:30-1:30pm Yoga- All Levels Jim MB Studio		12:30-1:30pm Yoga- All Levels Jim MB Studio			
	4:00-5:00pm Open Boxing No Instructor 7th Floor		4:00-5:00pm Open Boxing No Instructor 7th Floor		
					SUNDAY
				4:30-5:15pm Pilates- Mat Scott MB Studio	BRANCH CLOSED
				5:00-5:45pm Circuit Training Jason 7th Floor	
5:30-6:30pm Total Body Conditioning Jason 7th Floor	5:30-6:30pm Yoga- All Levels Kristine MB Studio	5:30-6:30pm Total Body Conditioning Jason 7th Floor			
	5:45-6:45pm Les Mills BodyPump Cambria CM Studio				
6:15-7:00pm ZUMBA Lauren CM Studio					

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: Laura Ehret lehret@seattleyymca.org