



SNOQUALMIE VALLEY GROUP EXERCISE SCHEDULE

**MARCH
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am PIYO. Laura MP ROOM	6:30-7:15am HIGH FITNESS Karlee MP ROOM	6:15-7:15am LES MILLS BODYPUMP Laura MP ROOM	6:30-7:15am HIGH FITNESS Karlee MP ROOM	6:15-7:15am PIYO. Laura MP ROOM	
8:00-9:00am BARBELL PUMP Diana GYM		8:00-9:00am BARBELL PUMP Diana GYM		8:00-9:00am BARBELL PUMP Diana GYM	8:30-9:15am CYCLE - ALL LEVELS Rashmi CYCLE ROOM
9:15-10:00am ZUMBA GOLD. Diana GYM		9:15-10:00am ZUMBA GOLD. Diana GYM		9:15-10:00am TRX. Diana MP ROOM	9:15-10:15am LES MILLS BODYPUMP Laura GYM
	9:45-10:45am BARRE Amy GYM		9:45-10:45am LES MILLS BODYPUMP Amy GYM		9:15-10:15am YOGA - POWER VINYASA Heidi MP ROOM
	9:45-10:45am YOGA - ALL LEVELS Heidi MP ROOM		9:45-10:45am YOGA - ALL LEVELS Heidi MP ROOM		10:30-11:30am PILATES - MAT Heidi MP ROOM
10:15-11:15am AOA CARDIO & STRENGTH Diana GYM		10:15-11:15am AOA CARDIO & STRENGTH Diana GYM		10:15-11:15am AOA CARDIO & STRENGTH Diana GYM	
	11:00-12:00pm ZUMBA. Amy GYM		11:00-12:00pm ZUMBA. Amy GYM		
4:45-5:15pm BOOT CAMP Jena MP ROOM		4:45-5:15pm BOOT CAMP Jena MP ROOM			
NEW 5:30-6:30pm SPORTS SAMPLER *\$ (3/6-5/1)	NEW 5:30-6:15pm YOUTH OUTDOOR SOCCER PROGRAM- KINDERS *\$ (3/28-5/16)		NEW 4:30-5:15pm YOUTH BALLET- MINIS *\$ (3/2-4/27)		9:00-10:00am YOGA - ALL LEVELS Jessica MP ROOM
5:30-6:15pm POUND. Laura MP ROOM	5:30-6:30pm SALSATION. Janell MP ROOM	5:30-6:15pm HIGH FITNESS Karlee MP ROOM	5:30-6:30pm SALSATION. Janell MP ROOM		NEW 10:15-11:00am YOUTH JAZZ- MINIS *\$ (3/5-4/16)
	6:00-6:45pm CYCLE - ALL LEVELS Rashmi CYCLE ROOM		6:00-6:45pm CYCLE - ALL LEVELS Rashmi CYCLE ROOM		
6:30-7:30pm ZUMBA. Laura MP ROOM		6:30-7:30pm YOGA - ALL LEVELS Trina MP ROOM	6:50-7:50pm YOGA - GENTLE Nikky MP ROOM		* RESERVATION REQUIRED \$ FEE BASED PROGRAM

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: Jena Krell, jkrell@seattleyymca.org

Drop-in Group Exercise Schedule

NEED MORE INFORMATION OR HAVE QUESTIONS?

Schedule is subject to change without notice