



COAL CREEK FAMILY GROUP EXERCISE SCHEDULE

**MARCH
2023**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|---|--|---|---|--|---|
| 6:15-7:15AM LES MILLS BODYPUMP BIANCA-WELLNESS STUDIO | 6:15-7:00AM CYCLE-ALL LEVELS MARIAH-WELLNESS STUDIO | 6:15-7:15AM LES MILLS BODYPUMP BIANCA-WELLNESS STUDIO | 6:15-7:00AM CYCLE-ALL LEVELS MARIAH-WELLNESS STUDIO | | NEW CLASS! 7:45-8:45AM CYCLE-ALL LEVELS GRETCHEN-WELLNESS STUDIO |
| 7:00-8:00AM YOGA-VINYASA TIFFANY-REFLECTION ROOM | 7:00-8:00AM PILATES-MAT KAREN-REFLECTION ROOM | 7:00-8:00AM YOGA-VINYASA TIFFANY-REFLECTION ROOM | 7:00-8:00AM PILATES-MAT KAREN-REFLECTION ROOM | | TIME CHANGE 9:15-10:15AM **STRENGTH & CONDITIONING WENDY-WELLNESS STUDIO |
| 8:30-9:15AM AOA STRENGTH TERRIN-GYM 2 | 9:00-10:00AM AQUA FIT YING-ACTIVITY POOL | 8:30-9:15AM AOA STRENGTH TATIANA-GYM 2 | 9:00-10:00AM AQUA ZUMBA® TERRIN-ACTIVITY POOL | | 9:05-10:05AM YOGA-ALL LEVELS TEAM-REFLECTION ROOM |
| 9:00-9:55AM AQUA ZUMBA® HSIAOLING-ACTIVITY POOL | NEW CLASS! 9:15-10:15AM STRENGTH & CONDITIONING WENDY-WELLNESS STUDIO | 9:00-9:55AM AQUA FIT HSIAOLING-ACTIVITY POOL | TIME CHANGE 9:15-10:15AM STRENGTH & CONDITIONING WENDY-WELLNESS STUDIO | 9:00-10:00AM STEP & STRENGTH CHRIS-WELLNESS STUDIO | 10:00-11:00AM ZUMBA® KITTY-GYM 2 |
| 9:30-10:30AM YOGA- ALL LEVELS SARAH-REFLECTION ROOM | 9:30-10:30AM YOGA-ALL LEVELS LAUREL-REFLECTION ROOM | 9:30-10:30AM YOGA-GENTLE SARAH-REFLECTION ROOM | 9:30-10:30AM YOGA-ALL LEVELS LAUREL-REFLECTION ROOM | 9:30-10:30AM YOGA-VINYASA SARAH-REFLECTION ROOM | 11:00-12:00PM PILATES-MAT KAREN-REFLECTION ROOM |
| 9:30-10:30AM ZUMBA® TERRIN-GYM 2 | 9:30-10:30AM ZUMBA® HSIAOLING-GYM 2 | 9:30-10:30AM ZUMBA® CHRIS-GYM 2 | 9:30-10:30AM ZUMBA GOLD® ALELI-GYM 2 | 9:30-10:30AM ZUMBA® OLGA-GYM 2 | NEW CLASS! 12:30-1:30 PM AOA CHAIR STRENGTH ALELI- REFLECTION ROOM |
| 10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL | 10:30-11:00AM ZUMBA® TONING HSIAOLING-GYM 2 | 10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL | TIME CHANGE 10:30-11:30AM STRONG NATION™ HSIAOLING-WELLNESS STUDIO | 10:00-11:00AM ARTHRITIS AQUA FITNESS KRISTY-ACTIVITY POOL | 1:30-2:30PM TAI CHI-REFINEMENT STEFANIE-WELLNESS STUDIO |
| 10:30-11:30AM **STRENGTH & CONDITIONING HOLLY-WELLNESS STUDIO | 10:45-11:45AM AOA CHAIR YOGA LAUREL-REFLECTION ROOM | 10:30-11:30AM **LES MILLS BODYPUMP HOLLY-WELLNESS STUDIO | NEW CLASS! 10:45-11:45AM STRETCHING LAUREL-REFLECTION ROOM | 10:30-11:15AM STRENGTH & BALANCE LAURA-WELLNESS STUDIO | 9:00-10:00AM STRONG NATION™ GRACE-WELLNESS STUDIO |
| NEW CLASS! 10:45-11:45AM PILATES-MAT WENDY-REFLECTION ROOM | 1:30-2:30PM TAI CHI-3RD SECTION STEFANIE-WELLNESS STUDIO | NEW CLASS! 10:45-11:45AM PILATES-MAT WENDY-REFLECTION ROOM | | 10:45-11:45AM AOA YOGA SARAH-REFLECTION ROOM | 10:15-11:15AM **LES MILLS BODYPUMP KITTY-WELLNESS STUDIO |
| | | | 5:00-5:40 PM LES MILLS RPM KITTY-WELLNESS STUDIO | | 10:45-11:45AM YOGA-VINYASA MAUREA-REFLECTION ROOM |
| 5:45-6:45PM CYCLE-ALL LEVELS MAURA-WELLNESS STUDIO | 6:00-7:00PM R.I.P.P.E.D. KITTY-WELLNESS STUDIO | 5:45-6:45PM CYCLE-ALL LEVELS MAURA-WELLNESS STUDIO | 6:00-7:00PM **LES MILLS BODYPUMP KITTY-WELLNESS STUDIO | | 1:30-2:30PM TAI CHI-1ST SECTION STEFANIE-WELLNESS STUDIO |
| 6:30-7:30PM YOGA-VINYASA CANDICE-REFLECTION ROOM | 6:30-7:30PM YOGA-VINYASA CANDICE-REFLECTION ROOM | 6:30-7:30PM ABOVE THE BARRE KATIA-REFLECTION ROOM | 6:30-7:30PM YOGA-VINYASA MAUREA-REFLECTION ROOM | | **CLASS REQUIRES A WRISTBAND FROM THE MEMBERSHIP DESK 15 MINUTES PRIOR TO CLASS |
| 7:00-8:00PM ZUMBA® GRACE-WELLNESS STUDIO | 7:05-8:05PM ZUMBA® KATIA-WELLNESS STUDIO | 7:00-8:00PM STRONG NATION™ GRACE-WELLNESS STUDIO | 7:05-8:05PM ZUMBA® HSIAOLING-WELLNESS 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: MAURA STEINER msteiner@seattleyymca.org

CLASS DESCRIPTIONS

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| Above the Barre | A challenging and unique workout designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights. Designed to be done barefoot, but not required. |
| 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. |
| AOA Chair Strength | Have fun and move to the music 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 and a chair is used for seated and/or standing support. |
| AOA Chair Yoga | This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. Ideal for those with mobility and balance challenges—all postures are done standing near or seated in a chair. |
| AOA Yoga | This gentle class combats stress, improves circulation and enhances flexibility through gentle relaxing poses and breathing techniques. |
| Aqua Fit | 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. |
| Aqua Zumba® | Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning and body-toning. |
| Arthritis Aqua Fitness | This class is designed for those living with chronic pain or limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body. This is a comfortable, therapeutic class with others who understand managing pain. Note: This program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class. |
| 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. |
| Cycle-All Levels | Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio work-out. You are in control of the bike resistance, so the class is accessible to a wide-range of exercise abilities. |
| Pilates-Mat | This class is designed to increase core strength and flexibility plus align the mind and body. A series of movements are linked with the breath and performed from a sitting, reclining or standing position. |
| Les Mills RPM | RPM is a group indoor cycling workout where you control the intensity. With great music pumping and the group cycling as one, your instructor takes you on a journey of hill climbs, sprints, and flat riding. In |
| R.I.P.P.E.D. | A constantly changing format that combines resistance, intervals, power, plyometrics, endurance and diet to help you attain and maintain your fitness in ways that are fun, safe and effective. |
| Step & Strength | This fun, low-impact class integrates beginner/intermediate step choreography with strength exercises throughout. Intensity/choreography can be modified for advanced steppers. |
| Strength & Balance | Use a variety of techniques to increase balance through various strength moves. This class targets the hard-to-hit stabilizer muscles and the deep muscles of the core to create better posture, alignment and decrease risk of injuries. |
| 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. |
| Stretching | Stretch your muscles, calm your mind, help with injuries and soothe tension. |
| STRONG Nation™ | STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match each move. (Similar to H.I.I.T.) |
| Tai Chi | Daily practice of Tai Chi Chuan brings many benefits, including improved strength, coordination, posture, concentration and a greater energy level. 1st Sections is for beginners, 2nd and 3rd Sections are for those looking to advance in their practice. |
| 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-Vinyasa | Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga builds heat, flexibility, and strength while maintaining focus on good alignment. |
| 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! |
| Zumba® Toning | This class adds light free weights to traditional Zumba®. |