



SNOQUALMIE VALLEY GROUP EXERCISE SCHEDULE

**MAY
2023**

MONDAY ♦	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am PIYO. Laura MP ROOM	6:05-6:50am CYCLE - ALL LEVELS Rashmi CYCLE ROOM	6:15-7:15am LES MILLS BODYPUMP Laura MP ROOM	6:05-6:50am CYCLE - ALL LEVELS Rashmi CYCLE ROOM	6:15-7:15am PIYO. Laura MP ROOM	
8:00-9:00am BARBELL PUMP Diana GYM	6:30-7:15am HIGH FITNESS Karlee MP ROOM	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
10:00-11:00am PILATES - MAT Elizabeth MP ROOM	9:45-10:45am YOGA - ALL LEVELS Heidi MP ROOM	10:00-11:00am PILATES - MAT Elizabeth 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	11:00-12:00pm ZUMBA. Amy GYM	10:15-11:15am AOA CARDIO & STRENGTH Diana GYM	11:00-12:00pm ZUMBA. Amy GYM	10:15-11:15am AOA CARDIO & STRENGTH Diana GYM	5:00-7:00pm WORKSHOP: *\$ LADIES NIGHT REBALANCE & RESTORE (5/20 ONLY)
	11:15-11:45am BOOT CAMP Jena MP ROOM		11:15-11:45am BOOT CAMP Jena MP ROOM		
					SUNDAY
4:45-5:15pm BOOT CAMP Jena MP ROOM	4:30-5:15pm TRX. Diana MP ROOM	4:45-5:15pm BOOT CAMP Jena MP ROOM			9:00-10:00am YOGA - ALL LEVELS Jessica MP ROOM
	5:30-6:15pm YOUTH OUTDOOR SOCCER PROGRAM- KINDERS *\$ (3/28-5/16)		4:30-5:15pm YOUTH BALLET- MINIS *\$ (5/4-6/22)		10:15-11:00am YOUTH JAZZ-MINIS *\$ (4/30-6/18)
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		
	6:00-6:45pm CYCLE - ALL LEVELS Rashmi CYCLE ROOM		6:00-6:45pm CYCLE - ALL LEVELS Rashmi CYCLE ROOM		♦ MEMORIAL DAY, 5/29, HOURS OF OPERATION 7:00-11:00 AM & KIDS ZONE CLOSED
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