



KENT YMCA GROUP EXERCISE SCHEDULE

**APRIL
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-9:00am AQUA FITNESS Susie POOL	8:00-9:00am DEEP WATER Susie POOL	8:00-9:00am AQUA FITNESS Susie POOL	8:00-9:00am DEEP WATER Susie POOL	8:00-9:00am AQUA FITNESS Susie POOL	
9:15-10:15am BODYPUMP Elise STUDIO 1	9:15-10:15am CYCLE Heather BIKE ROOM	9:15-10:15am AQUA ZUMBA Olga POOL		9:15-10:15am CYCLE Megan BIKE ROOM	10:00-11:00am BODYPUMP Vani STUDIO 1
	9:15-10:15am STRENGTH TRAINING Todd TRACK	9:15-10:15am BOBYPUMP Elise STUDIO 1	9:15-10:15am STRENGTH TRAINING Todd STUDIO 1		
					11:30-12:30pm RPM CYCLE Vani BIKE ROOM
9:30-10:15AM AOA-CARDIO & STRENGTH Todd STUDIO 2	9:30-10:00am STRETCHING Alisa STUDIO 1	9:30-10:15am AOA- CARDIO & STRENGTH Todd STUDIO 2	9:30-10:00am STRETCHING RJW/mSTUDIO 2		
10:30-11:15am AOA-CHAIR STRENGTH Emily/Theresa STUDIO 1	10:30-11:30am SOFT KUNG FU Ricky STUDIO 1	10:30-11:30am ZUMBA GOLD Olga STUDIO 1	10:30-11:15am AOA CIRCUIT Susie STUDIO 1	10:30-11:00am CYCLE-BEGINNER Megan BIKE ROOM	
	10:30-11:30am YOGA-ALL LEVELS Alisa STUDIO 2		10:30-11:30am SOFT KUNG FU Ricky STUDIO 2	10:30-11:30 BOBYBALANCE Elise STUDIO 2	
12:30-1:30pm WEST AFRICAN DANCE Zeba STUDIO 1					
					SUNDAY
			5:00-6:00pm ZUMBA KIDS Olga STUDIO 1		
				5:30-6:30pm BODYPUMP Fin STUDIO 1	10:00-11:00am TRX-CIRCUIT Simba STUDIO 1
	6:00-7:00pm BEGINNER KUNG FU Ricky STUDIO 2		6:00-7:00pm BOOTCAMP Simba GYM	6:00-7:00pm BEGINNER KUNG FU Ricky STUDIO 2	
6:15-6:55pm YOGA-ALL LEVELS Alisa STUDIO 2	6:15-7:15pm ZUMBA Olga STUDIO 1		6:15-6:55pm YOGA-ALL LEVELS Alisa STUDIO 2		
6:30-7:30pm RPM CYCLE Vani BIKE ROOM		6:30-7:30pm BODYPUMP Vani STUDIO 1	6:15-7:15pm ZUMBA Olga STUDIO 1		
7:00-7:30pm GENTLE YOGA Alisa STUDIO 2			7:00-7:30pm GENTLE YOGA Alisa STUDIO 2		
	7:30-8:30pm BEGINNER KUNG FU Ricky STUDIO 1		7:30-8:30pm BEGINNER KUNG FU Ricky STUDIO 1		
	7:40-8:30pm WOMANS ONLY AQUA ZUMBA Olga POOL				

AOA stands for Active Older Adults

Schedule may change without notice - please check facility schedule for most current schedule.
As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Emily Breaker: ebreaker@seattleyymca.org