



# COAL CREEK FAMILY GROUP EXERCISE SCHEDULE

**MAY  
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>NO CLASSES 5/29</b> 6:15-7:15AM <b>LES MILLS BODYPUMP</b> BIANCA-WELLNESS STUDIO	6:15-7:00AM <b>CYCLE-ALL LEVELS</b> MARIAH-WELLNESS STUDIO	6:15-7:15AM <b>LES MILLS BODYPUMP</b> BIANCA-WELLNESS STUDIO	6:15-7:00AM <b>CYCLE-ALL LEVELS</b> MARIAH-WELLNESS STUDIO		7:45-8:45AM <b>CYCLE-ALL LEVELS</b> GRETCHEN-WELLNESS STUDIO
7:00-8:00AM <b>YOGA-VINYASA</b> TIFFANY-REFLECTION ROOM	7:00-8:00AM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM	7:00-8:00AM <b>YOGA-VINYASA</b> TIFFANY-REFLECTION ROOM	7:00-8:00AM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM		9:15-10:15AM <b>**STRENGTH &amp; CONDITIONING</b> WENDY-WELLNESS STUDIO
8:30-9:15AM <b>AOA STRENGTH</b> TERRIN-GYM 2	9:00-10:00AM <b>AQUA FIT</b> YING-ACTIVITY POOL	8:30-9:15AM <b>AOA STRENGTH</b> TATIANA-GYM 2	9:00-10:00AM <b>AQUA ZUMBA®</b> TERRIN-ACTIVITY POOL		9:05-10:05AM <b>YOGA-ALL LEVELS</b> TEAM-REFLECTION ROOM
9:00-9:55AM <b>AQUA ZUMBA®</b> HSIAOLING-ACTIVITY POOL	9:15-10:15AM <b>STRENGTH &amp; CONDITIONING</b> WENDY-WELLNESS STUDIO	9:00-9:55AM <b>AQUA FIT</b> HSIAOLING-ACTIVITY POOL	9:15-10:15AM <b>STRENGTH &amp; CONDITIONING</b> WENDY-WELLNESS STUDIO	9:00-10:00AM <b>STEP &amp; STRENGTH</b> CHRIS-WELLNESS STUDIO	10:00-11:00AM <b>ZUMBA®</b> KITTY-GYM 2
9:30-10:30AM <b>YOGA- ALL LEVELS</b> SARAH-REFLECTION ROOM	9:30-10:30AM <b>YOGA-ALL LEVELS</b> LAUREL-REFLECTION ROOM	9:30-10:30AM <b>YOGA-GENTLE</b> SARAH-REFLECTION ROOM	9:30-10:30AM <b>YOGA-ALL LEVELS</b> LAUREL-REFLECTION ROOM	9:30-10:30AM <b>YOGA-VINYASA</b> SARAH-REFLECTION ROOM	11:00-12:00PM <b>PILATES-MAT</b> KAREN-REFLECTION ROOM
9:30-10:30AM <b>ZUMBA®</b> TERRIN-GYM 2	9:30-10:30AM <b>ZUMBA®</b> HSIAOLING-GYM 2	9:30-10:30AM <b>ZUMBA®</b> CHRIS-GYM 2	9:30-10:30AM <b>ZUMBA GOLD®</b> ALELI-GYM 2	9:30-10:30AM <b>ZUMBA®</b> OLGA-GYM 2	12:30-1:30 PM <b>AOA CHAIR STRENGTH</b> ALELI- REFLECTION ROOM
10:00-11:00AM <b>ARTHRITIS AQUA FITNESS</b> KRISTY-ACTIVITY POOL	10:30-11:00AM <b>ZUMBA® TONING</b> HSIAOLING-GYM 2	10:00-11:00AM <b>ARTHRITIS AQUA FITNESS</b> KRISTY-ACTIVITY POOL	10:30-11:30AM <b>STRONG NATION™</b> HSIAOLING-WELLNESS STUDIO	10:00-11:00AM <b>ARTHRITIS AQUA FITNESS</b> KRISTY-ACTIVITY POOL	1:30-2:30PM <b>TAI CHI-REFINEMENT</b> STEFANIE-WELLNESS STUDIO
10:30-11:30AM <b>**STRENGTH &amp; CONDITIONING</b> HOLLY-WELLNESS STUDIO	10:45-11:45AM <b>AOA CHAIR YOGA</b> LAUREL-REFLECTION ROOM	10:30-11:30AM <b>**LES MILLS BODYPUMP</b> TATIANA-WELLNESS STUDIO	10:45-11:45AM <b>STRETCHING</b> LAUREL-REFLECTION ROOM	10:30-11:15AM <b>STRENGTH &amp; BALANCE</b> LAURA-WELLNESS STUDIO	9:00-10:00AM <b>STRONG NATION™</b> MIKA-WELLNESS STUDIO
10:45-11:45AM <b>PILATES-MAT</b> WENDY-REFLECTION ROOM	1:30-2:30PM <b>TAI CHI-3RD SECTION</b> STEFANIE-WELLNESS STUDIO	10:45-11:45AM <b>PILATES-MAT</b> WENDY-REFLECTION ROOM		10:45-11:45AM <b>AOA YOGA</b> SARAH-REFLECTION ROOM	10:15-11:15AM <b>**LES MILLS BODYPUMP</b> KITTY-WELLNESS STUDIO
			5:00-5:40 PM <b>LES MILLS RPM</b> KITTY-WELLNESS STUDIO		10:45-11:45AM <b>YOGA-VINYASA</b> MAUREA-REFLECTION ROOM
5:45-6:45PM <b>CYCLE-ALL LEVELS</b> MAURA-WELLNESS STUDIO	6:00-7:00PM <b>R.I.P.P.E.D.</b> KITTY-WELLNESS STUDIO	5:45-6:45PM <b>CYCLE-ALL LEVELS</b> MAURA-WELLNESS STUDIO	6:00-7:00PM <b>**LES MILLS BODYPUMP</b> KITTY-WELLNESS STUDIO		1:30-2:30PM <b>TAI CHI-1ST SECTION</b> STEFANIE-WELLNESS STUDIO
6:30-7:30PM <b>YOGA-VINYASA</b> CANDICE-REFLECTION ROOM	6:30-7:30PM <b>YOGA-VINYASA</b> CANDICE-REFLECTION ROOM	6:30-7:30PM <b>ABOVE THE BARRE</b> KATIA-REFLECTION ROOM	6:30-7:30PM <b>YOGA-VINYASA</b> MAUREA-REFLECTION ROOM		<b>**CLASS REQUIRES A WRISTBAND FROM THE MEMBERSHIP DESK 15 MINUTES PRIOR TO CLASS</b>
7:00-8:00PM <b>ZUMBA®</b> MAUREA-WELLNESS STUDIO	7:05-8:05PM <b>ZUMBA®</b> KATIA-WELLNESS STUDIO	7:00-8:00PM <b>STRONG NATION™</b> TEAM-WELLNESS STUDIO	7:05-8:05PM <b>ZUMBA®</b> 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](mailto:msteiner@seattleyymca.org)**

# CLASS DESCRIPTIONS

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®.