



# UNIVERSITY GROUP EXERCISE SCHEDULE

May  
2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:15-9:00am <b>AOA Strength</b> Josh - Pocock		8:15-9:00am <b>AOA Strength</b> Josh - Pocock			
		9:30-10:15am <b>Strength &amp; Conditioning</b> Marla - Pocock			9:00-9:45am <b>Total Body Conditioning</b> Jon - Pocock
	10:00-11:00am <b>Yoga - Gentle</b> Bev - Pocock		10:00-11:00am <b>Yoga - All Levels</b> Bev - Pocock		10:00-11:00am <b>Yoga - All Levels</b> Y360 Media
11:15-12:15pm <b>Cardio Boxing</b> Jon - Pocock	11:15-12:15pm <b>AOA Cardio Fitness</b> Ann - Pocock		11:15-12:15pm <b>AOA Cardio Fitness</b> Ann - Pocock	11:15-12:15pm <b>Cardio Boxing</b> Jon - Pocock	
				1:00-2:00pm <b>Tai Chi-I</b> Stefanie - Pocock	
				2:15-3:15pm <b>Tai Chi-II</b> Stefanie - Pocock	
				3:30-4:30pm <b>Tai Chi-III</b> Stefanie - Pocock	<b>SUNDAY</b>
					<b>Branch Closed</b>
4:00p-5:00pm <b>Cardio Mix</b> Jon - Pocock		4:00p-5:00pm <b>Cardio Mix</b> Jon - Pocock			
5:15-6:15pm <b>Zumba</b> Sellyna - Pocock	5:00p- 6:00pm <b>Total Body Conditioning</b> Jon - Pocock	5:15-6:15pm <b>Zumba</b> Sellyna - Pocock	5:00p - 6:00p <b>Total Body Conditioning</b> Jon - Pocock		
6:30 - 7:15pm <b>Les Mills BodyPump</b> Anna Leesa - Pocock	6:15 - 7:00pm <b>HIGH Fitness</b> Erin - Pocock	6:30- 7:15pm <b>Les Mills BodyPump</b> Anna Leesa - Pocock	6:15 - 7:00pm <b>HIGH Fitness</b> Erin - Pocock		

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: Jon Bolden      jbolden@seattlemca.org