



WEST SEATTLE GROUP EXERCISE SCHEDULE

**MAY
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:15 - 7:15AM BODYPUMP CELITA STUDIO 1		7:30 - 8:15AM CYCLING ALL AGES HELEN STUDIO 4	
8:30 - 9:15AM CYCLING ALL LEVELS ANTOINETTE STUDIO 4	8:30 - 9:15AM CYCLING ALL LEVELS EMILY STUDIO 4	8:00 - 9:00AM AOA - CIRCUIT SHERRY STUDIO 1	8:30 - 9:15AM CYCLING ALL LEVELS EMILY STUDIO 4		
	9:00 - 10:00AM AQUA FITNESS MIXED DEPTH AMY POOL		9:00 - 10:00AM AQUA FITNESS MIXED DEPTH AMY POOL		10:30 - 11:30AM YOGA VINYASA SARAH STUDIO 1
9:30 - 10:30AM YOGA VINYASA SARAH STUDIO 1	9:00 - 10:00AM ZUMBA GOLD MARIA STUDIO 1	9:30 - 10:30AM YOGA ALL LEVELS JIM STUDIO 1	9:00 - 10:00AM STRENGTH & CONDITIONING ANTOINETTE STUDIO 1		11:45AM - 12:45PM ZUMBA RENEE STUDIO 1
10:45 - 11:45AM AOA - YOGA SHERRY STUDIO 1	10:30 - 11:30AM STRENGTH & CONDITIONING AMY STUDIO 1		10:15 - 11:15AM AOA - YOGA SHERRY STUDIO 1		12:00-12:45PM RPM STEPHANIE STUDIO 4
11:00 - 11:45AM AQUA ARTHRITIS & INJURY LAURA POOL		11:00 - 11:45AM AQUA ARTHRITIS & INJURY LAURA POOL		11:00 - 11:45AM AQUA ARTHRITIS & INJURY LAURA POOL	1:00 - 2:00PM BODYPUMP STEPHANIE STUDIO 1
5:30-6:30PM STRENGTH & CONDITIONING DEE STUDIO 1	5:30 - 6:30PM ZUMBA REEMA STUDIO 1	5:30-6:30PM STRENGTH & CONDITIONING DEE STUDIO 1	5:30 - 6:30PM ZUMBA REEMA STUDIO 1	4:00 - 5:00PM YOGA - ALL LEVELS JIM STUDIO 1	10:30 - 11:30AM YOGA ALL LEVELS CAITLYN STUDIO 1
	6:45 - 7:45PM PILATES - MAT PAULA STUDIO 1	6:45 - 7:45PM ZUMBA RENEE STUDIO 1	6:45 - 7:45PM YOGA - VINYASA CAITLYN STUDIO 1		
	8:00-8:30PM STRETCHING PAULA STUDIO 1				

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: Saige Silverman at ssilverman@seattleyymca.org

WEST SEATTLE HOURS: MONDAY-THURSDAY 6AM - 9PM , FRIDAYS 6AM-8PM, SATURDAY 7AM-5PM & SUNDAY 8AM - 5PM



FAUNTLEROY GROUP EXERCISE SCHEDULE

**MAY
2023**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	YMCA CLOSED		YMCA CLOSED		YMCA CLOSED
9:15 - 10:15AM AOA - CIRCUIT MARIA GYM		9:15 - 10:15AM AOA - CIRCUIT MARIA GYM		9:15 - 10:15AM AOA - CIRCUIT SHERRY GYM	
		10:30 - 11:30AM ZUMBA MARIA GYM			
					SUNDAY
					YMCA CLOSED

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As a courtesy to others, please arrive on time.

FOR MORE INFORMATION, CONTACT: Saige Silverman at ssilverman@seattleyymca.org

FAUNTLEROY HOURS: MONDAY, WEDNESDAY, FRIDAY 9AM - 12PM