



# DALE TURNER GROUP EXERCISE SCHEDULE

**MAY  
2023**

All classes are FREE with membership. No registration required, just drop-in! As a courtesy to others, please arrive on time.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
6:15-7:15am <b>BOOT CAMP</b> Christin - GW	6:15-7:15am <b>LES MILLS RPM</b> Jennifer - Cycle Rm	6:15-7:15am <b>BOOT CAMP</b> Christin - GW		6:15-7:15am <b>BOOT CAMP</b> Christin - GW	
7:45-8:30am <b>PILATES - MAT</b> Cindy - Reflection Rm		7:45-8:30am <b>PILATES - MAT</b> Cindy - Reflection Rm			
	8:00-8:45am <b>AOA STRENGTH</b> Pat - GW		8:00-8:45am <b>AOA STRENGTH</b> Pat - GW		
9:00-9:45am <b>CYCLE - ALL LEVELS</b> Cindy - Cycle Rm		9:00-9:45am <b>LES MILLS RPM</b> Christin - Cycle Rm			8:30 - 9:30am <b>CYCLE - ALL LEVELS</b> Cindy - Cycle Rm
9:00-10:00am <b>LES MILLS BODYPUMP</b> Christin - GW	9:00-10:00am <b>AOA DANCE</b> Bengie - Gym	9:00-9:45am <b>BARBELL PUMP</b> Cindy - GW	9:00-10:00am <b>AOA DANCE</b> Bengie - Gym	9:00-10:00am <b>LES MILLS BODYPUMP</b> Christin - GW	9:30-10:30am <b>STEP</b> Hillary - GW
9:15-10:15am <b>YOGA - GENTLE</b> Jennifer - Reflection Rm	9:15-10:00am <b>STRENGTH &amp; CONDITIONING</b> Amy - GW	9:15-10:15am <b>YOGA - GENTLE</b> Jennifer - Reflection Rm	9:15-10:00am <b>STRENGTH &amp; CONDITIONING</b> Amy - GW	9:15-9:45am <b>AOA - CHAIR YOGA</b> Y360 - Reflection Rm	10:00-11:00am <b>YOGA - ALL LEVELS</b> Trudy - Reflection Rm
9:30-10:15am <b>TRX</b> Amy - Family GW	9:30-10:30am <b>YOGA -HATHA</b> Arpana - Reflection Rm	9:30-10:15am <b>TRX</b> Amy - Family GW	9:30-10:30am <b>YOGA - POWER VINYASA</b> Katie- Reflection Rm	9:30-10:15am <b>TRX</b> Jerry - Family GW	10:30-11:00am <b>STRENGTH - EXPRESS</b> Hillary - GW
10:15-11:15am <b>ZUMBA GOLD</b> Fran - GW	10:00-10:45am <b>TRX - CIRCUIT</b> Laura - Family GW	10:00-11:00am <b>DANCE FITNESS</b> Bengie - GW	10:00-10:45am <b>TRX - CIRCUIT</b> Laura - Family GW	10:15-11:15am <b>ZUMBA GOLD</b> Fran - GW	
	10:30-11:30am <b>AOA CHAIR STRENGTH</b> Bengie - GW		10:30-11:30am <b>AOA CHAIR STRENGTH</b> Bengie - GW		
11:00-12:00pm <b>AQUA FITNESS</b> Catherine - Pool		11:00-12:00pm <b>AQUA FITNESS</b> Catherine - Pool			
4:30-5:30pm <b>YOGA - POWER VINYASA</b> Katie - Reflection Rm	5:00-5:30pm <b>STRENGTH - EXPRESS</b> Megan - GW	4:30-5:30pm <b>YOGA - ALL LEVELS</b> Trudy - Reflection Rm	5:00-5:30pm <b>STRENGTH - EXPRESS</b> Megan - GW		
	5:30-6:15pm <b>CYCLE - ALL LEVELS</b> Megan - Cycle Rm		5:30-6:15pm <b>CYCLE - ALL LEVELS</b> Megan - Cycle Rm		9:30-10:30am <b>CYCLE - ALL LEVELS</b> Seth - Cycle Rm
	5:45-6:30pm <b>LES MILLS BODYPUMP</b> Jenn - GW	5:45-6:45pm <b>YOGA - YIN</b> Jim - Reflection Rm	5:45-6:30pm <b>LES MILLS BODYPUMP</b> Laura - GW		11:00am-12:00pm <b>TRX</b> Seth - Family GW
6:00-6:45pm <b>STEP</b> Hillary - GW		6:00-6:45pm <b>STEP &amp; STRENGTH</b> Hillary - GW			
	6:30-7:30pm <b>TURBOKICK</b> Jenn - GW		6:30-7:30pm <b>ZUMBA</b> Hillary - GW	6:30-7:30pm <b>YOGA - ALL LEVELS</b> Charity - Reflection Rm	
7:00-8:00pm <b>ZUMBA</b> Ronnica - GW	6:30-7:30pm <b>YOGA - VINYASA</b> Y360- Reflection Rm	7:00-8:00pm <b>ZUMBA</b> Me'Chelle - GW			
	7:30-8:30pm <b>AQUA FITNESS</b> Catherine - Pool		7:30-8:30pm <b>AQUA FITNESS</b> Catherine - Pool		

Classes in the orange box fall within Kids Zone hours - get a workout in while the kids play!

Schedule may change without notice - please check with the front desk for current schedule.

FOR MORE INFORMATION, CONTACT: Laura Ehret [lehret@seattleyymca.org](mailto:lehret@seattleyymca.org)

## Group Exercise Class Descriptions

<b>AOA Chair Yoga</b>	This class is great for those who are new to chair yoga or are in a wheelchair. Everyone will be invited to participate in meditation and movement, with a focus on the breath and mindfulness.
<b>AOA Chair Strength</b>	Have fun and move 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. A chair is used for seated and/or standing support.
<b>AOA Dance</b>	Tailored for older adults, this lively low-impact workout combines fun dance moves to improve cardiovascular endurance, strength, and flexibility.
<b>AOA Strength</b>	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.
<b>Aqua Fitness</b>	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.
<b>Boot Camp</b>	Get your extreme workout with extreme music! Dial up the adrenaline for a range of heart-pumping, strength building activities, which may include plyometrics, calisthenics, circuit training, speed work, cardio and more.
<b>Cycle – All Levels</b>	Interval training, simulating various terrain on a stationary bike is an effective and non-impact cardio workout.
<b>Dance Fitness</b>	Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.
<b>Les Mills BODYPUMP™</b>	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!
<b>Les Mills RPM™</b>	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. 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!
<b>Pilates – Mat</b>	This class is designed to increase core strength and flexibility plus align the mind and body. A series of movement are linked with the breath and performed from a sitting, reclining or standing position.
<b>Step</b>	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step.
<b>Step &amp; Strength</b>	Enjoy fun, low-impact step aerobics using the different speeds and choreography on and off the step, finishing with strength training and core.
<b>Strength &amp; Conditioning</b>	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.
<b>Strength – Express</b>	Strengthen and tone your muscles using weights and other resistance equipment in this class. *Express classes are shortened versions of full classes.
<b>Total Body Conditioning</b>	Designed to help you improve your overall strength, muscular endurance, and body composition. Using multiple pieces of equipment like kettlebells, free weights, resistance bands, and your own body weight, you will target all major muscle groups in a high energy format.
<b>TurboKick®</b>	This class combines traditional kickboxing moves with high-intensity interval training (HIIT) for an unbelievable caloric burn.
<b>TRX®</b>	Learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.
<b>TRX® - Circuit</b>	The combination class includes half TRX and half conditioning using varying equipment for a workout that is fun and challenging every time. This class will help increase strength and cardiovascular conditioning.
<b>Yoga – All Levels</b>	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.
<b>Yoga – Gentle</b>	Traditional yoga poses are modified with an emphasis on a slower pace and the use of props to ease stress and relax the body.
<b>Yoga – Hatha</b>	Hatha yoga focuses on alignment and breath to gently calm the mind and release tension in the body.
<b>Yoga – Power Vinyasa</b>	A powerful, energetic flow using breath to movement transitions to connect the mind and body, while building strength, gaining flexibility and toning muscles.
<b>Yoga – Vinyasa</b>	Maintain awareness and focus on the breath while moving through a series of poses. This style of yoga build heat, flexibility, and strength while maintaining focus on good alignment.
<b>Yoga – Yin</b>	Yin Yoga targets muscular tissue, ligaments, bones and joints that may not be normally exercised in a more active yoga practice. This class typically focuses on the connective tissues of the hips, pelvis, and spine.
<b>Zumba®</b>	Zumba® is a Latin-inspired dance class. Have fun and get a great cardio workout. No dance experience needed, great for all fitness levels.
<b>Zumba Gold®</b>	Just as fun as Zumba®, just not as fast. Easy to follow steps that help improve balance, strength, and flexibility. Great for beginners!