



GROUP WELLNESS SCHEDULE

MARCH 2019

New class/Class Time/Instructor Changed



DROP-IN MORNING CLASSES (INCLUDED WITH MEMBERSHIP)						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
● Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	● Cycle-All Levels CR 5:30-6:30am Kathy	Boot Camp SG 5:30-6:30am Tim	● Cycle-All Levels CR 5:30-6:30am Kathy	SAMMAMISHYMCA.ORG	
H.I.I.T. SG 5:30-6:30am Jana	Cycle-Express CR 6-6:45am Victoria	H.I.I.T. SG 5:30-6:30am Jana	Cycle-Express CR 6-6:45am Victoria	H.I.I.T. SG 5:30-6:30am Jana	<i>Everyone is welcome! The YMCA of Greater Seattle strengthens communities in King & South Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.</i>	
Yoga-Vinyasa RR 6-7am Jessica	● Yoga-All Levels GF1 6-7am Jessica	Yoga-Power Vinyasa RR 6-7am Anitha	● Yoga-All Levels GF1 6-7am Jessica	Yoga-Power Vinyasa RR 6:30-7:30am Victoria		
Strength Training - Express GF1 6:35am-7:05am Kathy		Strength Training - Express GF1 6:35am-7:05am Kathy	Strength Training - Express GF1 7:15am-8am Stephanie	Strength Training - Express GF1 6:35am-7:05am Kathy	Boot Camp SG 8:15-9:15am Bushra	
Walking Grp Outside 8-9am Vicki	Circuit Training SG 7:30-8:30am Vicki	Yoga-Vinyasa RR 8-9am Maribeth	Yoga-Vinyasa RR 8-9am Michelle	Core Strength GF1 6:30-7am Kathy	Cardio Strength GF1 8:15-9:15am Margaret	● Yoga-Gentle GF1 8:15-9:15am Jessica H
Strength Training- Barbell Pump GF1 8:15-9:10am Diana	● Yoga-All Levels RR 8:15-9:15am Anitha	Strength Training- Barbell Pump GF1 8:15-9:10am Diana		Strength Training- Barbell Pump GF1 8:15-9:10am Diana	Cycle-Power Pedal CR 8:30-9:30am Paul	● Cycle-All Levels CR 8:30-9:30am Teresa
Yoga-Vinyasa RR 8-9am Michelle	Aqua Fitness-Mixed Depth LP 8:30-9:30am Dominique	Aqua Fitness LP 8:30-9:30am Pat	Aqua Fitness-Mixed Depth LP 8:30-9:30am Dominique	● Cycle-All Levels CR 8:30-9:45am Tim	Pilates-Mat RR 8:30-9:15am Karen	
Aqua Fitness LP 8:30-9:30am Caitlin				Aqua Fitness LP 8:30-9:30am Pat		
Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	Circuit Training SG 9-10am Vicki	Running Grp Contact Vicki for running time - vsosey@seattleyymca.org	● Cycle-All Levels CR 9:15-10:15am Jake	Circuit Training SG 9-10am Avivit	Zumba LG 9:30-10:30am Christina	
Step & Strength GF1 9:20-10:35am Avivit	● Yoga-Gentle GF1 9:30-10:30am Sanjyot	Step & Strength GF1 9:30-10:45am Avivit	● Yoga-Gentle GF1 9:30-10:30am Sanjyot	■ Above the Barre GF1 9:30-10:45am Margaret	■ Yoga-Vinyasa GF1 9:30-10:30am Jessica	Yoga-Power Vinyasa GF1 9:30-10:30am Jessica H
● Cycle-All Levels CR 9:30-10:45am Tim	Cycle-Power Pedal CR 9:30-10:30am Paul	● Cycle-All Levels CR 9:30-10:45am Tim	H.I.I.T. Express SG 9:30-10am Jenny	Zumba Gold LG 9:30-10:25am Diana	● Cycle-All Levels CR 9:45-10:45am Cornell	Core Strength SG 9:45-10:15am Teresa
Zumba LG 9:45-10:45am Christina	● Nia RR 9:30-10:30am Randee	■ Pilates-Mat RR 9:30-10:30am Karen	● Nia RR 9:30-10:45am Alyson	■ Yoga-Vinyasa RR 9:30-10:30am Renee	● Yoga-All Levels GF1 10:45-11:45am Jessica	● Cycle-All Levels CR 10-11am Victoria
Strength Training- Barbell Pump Express SG 9:45-10:30am Diana	STRONG by Zumba LGB 9:45-10:15pm Rachel	Zumba LG 9:45-10:45am Jessica	Zumba LG 9:45-10:45am Rachel	Boot Camp SG 10:30-11:30am Tim	Zumba Toning SG 10:45-11:45am Alisha	Zumba SG 10:30-11:30am Yang
■ Pilates-Mat RR 10:30-11:30am Tarah	Boot Camp SG 10:15-11:15am Riley	Core Strength LG 11-11:30am Tim	Total Body Conditioning SG 10:15-11am Vicki	STRONG by Zumba LGB 10:45-11:45pm Liz	Core Strength RR 11-11:30am Cornell	Bollywood- Fitness GF1 10:45-11:30am Deepti
Above the Barre GF1 10:50-11:50am Jamie	Zumba LG 10:30-11:30am Rachel	AOA-Strength GF1 11-12pm Vicki	● Yoga-All Levels GF1 10:45-11:45am Sanjyot	AOA-Strength GF1 11-12pm Avivit		STRONG by Zumba GF1 11:45-12:45pm Yang
Boot Camp SG 11-12pm Tim	● Yoga-All Levels GF1 10:45-11:45am Sanjyot	Boot Camp SG 11-12pm Jamie	● Yoga-Gentle RR 11-12pm Grace			
Zumba Gold LG 11-11:55am Diana	AOA-Cardio Fitness SG 11:30-12:30pm Avivit		Line Dancing SG 11:15-12:15pm Vicki			

DROP-IN AFTERNOON AND EVENING CLASSES (INCLUDED WITH MEMBERSHIP)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Aqua Arthritis & Injury AP 12-1pm Ralph	Aqua Arthritis & Injury AP 12-1pm Cheryl	Aqua Arthritis & Injury AP 12-1pm Cheryl	Aqua Arthritis & Injury AP 12-1pm Cheryl	Zumba SG 12-1pm Jessica
Core Strength GF1 12-12:30pm Avivit	Step GF1 12-1pm Jenny	Above the Barre Express GF1 12:15-1pm Jessica	Above the Barre GF1 12-1pm Margaret	AOA-Chair Yoga GF1 12:15-1pm Elaine
Yoga-Yin GF2 12-1pm Sheetal	Yoga-Vinyasa RR 12-1pm Tiffany	Yoga-Vinyasa RR 12-12:55pm Renee Meena	Meditation RR 12:15-12:45pm Grace	
Cycle-Express CR 12-12:45pm Mona	Meditation RR 1:15-1:45pm Hannah	Cycle-Express CR 12-12:45pm Tim	● Cycle-All Levels CR 12-1:15pm Tim	
			AOA-Chair Yoga RR 1-1:45pm Elaine	
			● AOA-Yoga Gentle RR 2-2:45pm Elaine	
Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	● Yoga-Gentle RR 4:15-5:15pm Jessica	Yoga-Vinyasa RR 4:30-5:30pm Tiffany	
● Yoga-Family RR 5-6 pm Danielle		Core Strength SG 4:45-5:30 pm Margie	Cardio Strength GF1 5-5:45pm Teresa	
		Nia RR 5:30-6:30 pm Vicci		● ■ Yoga-Gentle RR 6-7pm Anitha
Bollywood-Fitness GF1 6-6:45pm Sowmya	Total Body Conditioning SG 6-6:45pm Vicki	Boot Camp SG 5:45-6:45 pm Jake	Pilates-Mat GF1 6-7pm Teresa	HIIT GF1 6-6:45pm Bushra
Boot Camp SG 6-6:45pm Megan	Yoga-Power Vinyasa RR 6:30-7:30pm Sheetal P.	Bollywood - Bootcamp GF1 6-6:45pm Deepti	Yoga-Power Vinyasa RR 6-7pm Sheetal	Cycle-Express CR 6:15-7pm Caitlin
● Cycle-Beginner CR 6:30-7:15pm Mike	● Cycle-All Levels CR 6:30-7:45pm Caitlin	● Cycle-Beginner CR 6:30-7:15pm Mike	● Cycle-All Levels CR 6:30-7:45pm Mona	
Zumba SG 7-8pm Liz	Zumba SG 7-8pm Jean	Zumba Toning SG 7-8pm Alisha ●	Bollywood-Fitness SG 7:15-8:15pm Deepti	
Above the Barre GF1 7-8pm Jamie	Pilates-Mat GF1 7:15-8:15pm Kate	Above the Barre GF1 7-8pm Victoria H	Above The Barre GF1 7:15-8:15pm Jessica	Zumba GF1 7-8pm Liz
Aqua Zumba LP 7-8pm Jean		Aqua Fitness LP 7-8pm Katia	Yoga-Yin RR 7:15-8:15pm Janet	

ROOM KEY				CLASS AGES	CHALLENGE LEVELS	
GF1-Group Fitness 1	CR-Cycle Room	SG-Small Gym	AP-Activity Pool	All Classes :14+ (Ages10-13 with Adult Supervision)	● Beginner	■ Ticket required to reserve space in class. Pick up ticket when you check-in at the front desk.
RR-Reflection Room	LS-Loft Space	LG-Large Gym	LP-Lap Pool	Family Classes: Ages 8+		

HEALTH ENHANCEMENT PROGRAMMING

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	CLASS DESCRIPTION
<ul style="list-style-type: none"> ● Lose to Win Rotary Room 10am-11am 1/28 - 4/15 	<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30-2:30pm 	<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15am-2:15pm Teresa 1/28 - 4/17 	<ul style="list-style-type: none"> ● Pedaling For Parkinson's CR 1:30am-2:30pm 		<p>Dance - Adaptive: Designed for those with developmental challenges, this dance class mixes musical, physical, and social components, providing a non-threatening environment in which participants can develop new skills.</p> <p>Enhance@Fitness: Helps active older adults at all levels of fitness become more active, energized, and empowered to sustain independent lives.</p> <p>LIVESTRONG® at the YMCA: This small-group 12-week training program helps adult cancer survivors reclaim their health and well-being following a cancer diagnosis.</p> <p>Loose To Win: Members will learn strategies to achieve and maintain their desired weight by establishing accountability, planning, and problem solving while receiving support from the group and their lifestyle coach.</p> <p>Moving For Better Balance: Improve your balance, mobility, walking and mental well-being in this adapted Tai Ji Quan program.</p> <p>Pedaling For Parkinson's: Research based pedaling class for Parkinson's patients. Participants use heart rate monitors to track appropriate pace. Doctor referral needed.</p> <p>Yoga - Adaptive: Designed for those with developmental challenges, this yoga class improves circulation and enhances flexibility through gentle poses.</p>
<ul style="list-style-type: none"> ● Moving For Better Balance RR 1:15-2:15pm Teresa 1/28 - 4/17 	<ul style="list-style-type: none"> ● Dance-Adaptive GF1 1:45-2:30pm Teresa 	<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm 3/4 - 6/28 M W F 	<ul style="list-style-type: none"> ● Yoga - Adaptive GF1 1:45-2:30pm Anitha 	<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm 3/4 - 6/28 M W F 	
<ul style="list-style-type: none"> ★ Enhance@Fitness GF1 2pm-3pm 3/4 - 6/28 M W F 		<ul style="list-style-type: none"> ● Lose to Win Rotary Room 7pm-8pm 1/30 - 4/17 			

★ FEE-BASED SMALL GROUP CLASS SCHEDULE

Classes occurs every week of the month, unless noted otherwise

Fee-based. Registration is required. Cost varies for each class. Please see Member Service for information.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<ul style="list-style-type: none"> ★ Pilates Reformer RR 11:45-12:45pm Tarah 3/4 - 3/25 Next session starts 4/1 	<ul style="list-style-type: none"> ★ TRX LS 5pm-6pm Ramona 3/5 - 3/26 Next session starts 4/2 	<ul style="list-style-type: none"> ★ Women on Weights LS 12pm-1pm Ramona 3/6 - 4/24 			<ul style="list-style-type: none"> ★ Pilates Reformer RR 9:30-10:30am Karen 3/2 - 3/30 Next session starts 4/6
	<ul style="list-style-type: none"> ★ Ballroom & Swing GF1 6pm-7pm Teresa 3/5 - 3/26 Next session starts 4/2 	<ul style="list-style-type: none"> ★ Women on Weights LS 6:30pm-7:30pm Ramona 3/6 - 4/24 			

Ballroom & Swing: In this monthly series, you will learn basic ballroom and swing step patterns and how to lead and follow. It is a fun opportunity to meet others in a relaxed atmosphere.

Building Stamina, Balance & Power: In this 8-week class, you will work on building strength, power balance, core and agility. The high intensity workout will help you burn fat and make you less prone to injury.

Pilates Reformer: This monthly series is designed with your specific needs in mind. The Pilates Reformer is a piece of equipment that provides resistance with a series of springs and ropes. In this small group setting, you will develop stronger, leaner muscles and increase your overall flexibility

Total Body Burn& Firm: This monthly series is a challenging and dynamic whole-body muscle-conditioning class. You will use dumbbells, resistance bands, exercise balls, and body bars as strength-training tools. Exercises will be modified to accommodate all fitness levels. Be prepared to work all your muscle groups.

TRX: In this 4-week class, you will learn to leverage gravity and your body weight to perform hundreds of exercises on the TRX Suspension Trainer.

Women On Weights: This 8-week series is tailored for women, using various free weight equipment. You will learn how to put together a strength training program, how to properly use free weights, and how to manage your progression.

ROOM KEY				CLASS AGES	CHALLENGE LEVELS		
GF1-Group Fitness 1	CR-Cycle Room	SG-Small Gym	AP-Activity Pool	All Classes :14+ (Ages 10-13 with Adult Supervision)	● Beginner	● No-fee for members, registration required - see Member Services for information.	★ Fee-based, registration required - see Member Services for information.
RR-Reflection Room	LS-Loft Space	LG-Large Gym	LP-Lap Pool	Family Classes: Ages 8+	◆ Challenging		● Referral required. Contact Stephanie at snortonbredl@seattleyymca.org.