



# GROUP EXERCISE WINTER SCHEDULE

## CENTRAL SPOKANE YMCA • JAN 8 – MAR 30, 2018

**LEGEND** ST1 Studio 1 CM Comstock Rooms \$ There is a fee and need to register  
 ST2 Studio 2 A Active Older Adult ◇ TRX and Cycling require sign-up 1 day in advance  
 ST Studios ▼ Begin here! Ⓢ Advanced Level Class  
 GY Gym ☺ Kids Programming N New Class  
 P Parkinson's Program- Sign-up required. See Wellness Director  
 L LIVESTRONG®- Contact nmanus@ymcaspokane.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 - 6:30am Body Conditioning with Cardio Andrea - ST	4:00 - 5:00pm Pre -Ballet \$ Staff - ST2	5:30 - 6:10am * ▼ Body Conditioning Andrea - ST	12:15 - 12:45 Small Group Training \$ Reba - ST2	6:00 - 7:00am Yoga Christine - CM	9:05 - 10:00am N POUND Eva/Jenna- GY	4:00 - 5:05pm R.I.P.P.E.D.® +Core Shannon - ST
6:00 - 7:00am Yoga Christine - CM	4:05 - 5:00pm Zumba Toning® Kristen - ST1	6:10 - 6:30am* ▼ Cardio Express Andrea - ST	12:10 - 12:55pm ◇ CYCLE Serina - ST1	7:00 - 8:00am A AOA Conditioning Reba - ST	9:05 - 9:50am ◇ CYCLE Theresa/ Michelle-ST2	5:15 - 6:30pm ▼ Yin Yoga Promise - CM
7:00 - 8:00am A AOA Conditioning Reba - ST	4:15 - 5:00pm Kids Yoga (Target ages 5 -10, Family Friendly) Renee- CM	6:00 - 7:00am Yoga Christine - CM	12:10 - 1:00pm Yoga Flow Mandi - CM	8:10 - 9:00am A AOA Gym Circuit Shirley - GY	9:15 - 10:15am ▼ Yoga Flow Stef V/Sherr i - CM	
8:10 - 9:00am A AOA Gym Circuit Chris E - GY	5:00 - 6:00pm \$ Ballet Staff - ST2	7:00 - 8:00am A AOA Conditioning Carolina - ST	4:05 - 5:00pm Zumba® Jodi - ST2	9:15 - 10:00am A SilverSneakers Yoga® Shirley/Christine - GY	9:05 - 10:00am ◇ Advanced TRX® + Cardio Shayle/Staff - ST1	
9:15 - 10:15am Body Conditioning with Cardio Michelle - ST	5:15 - 6:00pm ▼ PILATES Jodi - CM	8:10- 9:00am A AOA Gym Circuit Chris - GY	4:05 - 5:05pm \$ Boxercise Coach - ST1	9:15 - 10:15am Body Conditioning with Cardio Pam - ST2	10:00 - 10:45am Body Conditioning Theresa/Michelle - ST2	
9:15 - 10:00am A SilverSneakers Classic® Jessica/Reba - GY	5:15 - 6:05pm* Advanced TRX® Victoria - ST1	8:30 - 9:30am ▼ Gentle Yoga Lisa W - CM	4:30 - 5:00pm ☺ Baby Bugs Margret - CM	9:30 - 10:25am ◇ TRX® Jessica - ST1	10:30 - 11:30am Ⓢ Power Yoga Lisa W/ Stef V- CM	
10:30 - 11:00am \$ Baby Bugs Merryam - CM	6:15 - 7:15pm ▼ HoopFit Fusion Stef V - CM	9:15 - 10:00am A SilverSneakers Classic® Chris/Shirley - GY	5:15 - 6:00pm ▼ Beyond BARRE Jodi - ST2	10:30 - 11:30am* ▼ Roll, Stretch, & Restore Jessica - ST1	<b>Pedals for a Purpose - Feb. 3, 10, 24 &amp; March 3 NO CYCLE</b>	
10:20 - 11:15am A Healthy Heart Amanda - ST2	6:20 - 7:15pm ◇ CYCLE Victoria - ST1*	9:15 - 10:15am Kickboxing + Sculpt Michelle - ST	5:15 - 6:15pm Body Conditioning Shannon - ST1	10:20 - 11:15 A Healthy Heart Shirley - ST2		
10:30 - 11:30am ▼ Yoga Flow Lisa W - ST1	6:30 - 7:30pm ▼ Zumba® Kim K - ST2*	10:20- 10:50am Core & Stretch Michelle - ST1	5:15 - 6:00pm ☺ Tumble Bugs \$ Margret - CM	11:30 - 12:00pm ▼ Beyond BARRE 30 Jodi - ST2*	<p align="center"><b>NOTES:</b></p> <p>* class has changed time or location.</p> <p>Please see a Wellness coach for interest in Small Group Trainings.</p> <p>Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.</p> <p align="center"><b>Evening classes are shaded in Gray.</b></p> <p align="center"><b>Updated 1/8/18</b> Classes are subject to change based on participation.</p>	
12:05- 1:00pm Zumba® Serina - ST	7:30 - 8:30pm ▼ Yoga Flow Stef V - CM	10:20 - 11:15am A Healthy Heart Shirley - ST2	6:15 - 7:00pm ☺ Jitter Bugs \$ Margret - CM	12:05 - 1:00pm Zumba® Jodi - ST		
12:10 - 1:00pm Ⓢ Power Yoga Christina - CM	7:30 - 8:30pm L LIVESTRONG® L Coach, ST1	11:30am - 12:00pm ▼ Core Conditioning Serina - ST1	7:30 - 8:30pm ▼ Somatic Yoga Stef V - CM	12:10 - 1:00pm ▼ Yoga Basics Pepper - CM		
1:15- 2:15pm P Pedal for Parkinson's Serina, ST2	12:10 - 12:55pm Body Conditioning Katrina - ST	11:30 - 12:15pm \$ Pre & Post Natal Fitness Amanda - ST2	7:30 - 8:30pm ▼ Zumba® Lisa D - ST2	1:15 - 2:15pm P Pedal for Parkinson's Reba - ST2		
		<b>Argentine Tango Free Demos January 9 &amp; 11</b>		<b>Try Argentine Tango! T/Th beginning on January 16</b>		