



GROUP EXERCISE WINTER SCHEDULE

SOUTH SPOKANE YMCA • JAN 8 – MARCH 30 2018

LEGEND

- ST** Studio
- N** New Class or Format
- ☺** Kids Programming
- A** Active Older Adult
- GF** Gym Floor
- ♥** Begin here if new!
- ∅** Advanced Level Class
- \$** Fee Based Program and registration is required.
- ◇** TRX and Cycling require sign up 1 day in advance
- L** LIVESTRONG® - Contact Nicole Manus, nmanus@ymcaspokane.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:15 - 6:15am Intense Pump Fabs - ST	◇ 4:30 - 5:15pm TRX Intervals April - ST	◇ 5:05 - 5:50am Cycling Dan - ST	\$ 3:30 - 4:30pm Karate ☺ Samir - ST	5:15 - 6:15am p90x® Fabs - ST	◇ 4:30 - 5:15pm TRX Intervals Stacy - ST	◇ 5:05 - 5:50am Cycling Lisa F - ST
7:15 - 8:05am ♥ Basic Yoga Eva - ST	N 5:25 - 6:25pm Body Conditioning April - ST	∅ 6:05 - 6:55am Athletic Conditioning Charles - ST	\$ 4:40 - 5:30pm Taekwondo ☺ Samir - ST	♥ 8:15 - 9:15am Bench yoga N Tracy/Eva - ST	N 5:25 - 6:25pm Body Conditioning Sue - ST	∅ 6:05 - 6:55am Athletic Conditioning Charles - ST
8:15 - 9:15am Yoga Flow Eva - ST	♥ 6:35 - 7:25pm Basic Yoga Eva - ST	♥ 7:20 - 8:20am Senior Fitness A Tracy - ST	5:40 - 6:00pm Core Conditioning David - ST	∅ 8:30 - 9:15am Weight Room Circuit Sergio - GF	∅ 6:35 - 7:35pm Athletic Conditioning Charles - ST	A 7:20 - 8:20am Senior Fitness ♥ Tracy - ST
8:30 - 9:15am Weight Room Circuit Sergio - GF	♥ 8:30 - 9:15am Zumba® Gold A Tricia - ST	6:10 - 7:00pm HIIT David - ST	9:25 - 10:25am Body Conditioning Sergio - ST	A 8:30 - 9:15am Zumba® Gold ♥ Tricia - ST	7:00 - 8:00pm Yoga Flow Eva - ST	◇ 10:35 - 11:35am Cycle Sergio - ST
9:25 - 10:25am Body Conditioning Sergio - ST	8:30 - 9:15am Weight Room Circuit Tracy - GF	7:15 - 8:15pm Yoga Flow Eva - ST	♥ 10:35 - 11:35am A AOA Basic Yoga N Tracy - ST	8:30 - 9:15am Weight Room Circuit Tracy - GF	10:35 - 11:35am Cycle Sergio - ST	
♥ 10:35 - 11:35am A AOA Basic Yoga N Tracy - ST	9:30 - 10:15am Weight Room Circuit Staff - GF			9:25 - 10:25am Yoga Flow Eva - ST		
	9:30 - 10:30am R.I.P.E.D Sue - ST			9:30 - 10:15am Weight Room Circuit Staff - GF		
	10:40 - 11:35am Zumba Christelle - ST			10:35 - 11:20am \$ Boxercise Brad/Stacy - ST		
	12:15 - 12:45pm N HIIT Express Stacy - ST			12:15 - 12:45pm N HIIT Express Stacy - ST		
						9:10 - 10:00am Body Conditioning Sergio/David - ST
						6:00 - 7:00pm Yoga Flow Eva - ST
						10:10 - 10:55am HIIT David - ST
						7:45 - 8:30am Cycling* Lisa F - ST No Class 3/10/18
						8:45 - 9:45am P90X® Fabs - ST No Class 3/10/18
						10:00 - 11:00am Athletic Conditioning Charles - ST No Class 3/10/18
						3:15 - 4:00pm ☺ Fairy Tale Ballet \$ Brianna - ST
						4:30 - 5:15pm ☺ Kids Yoga Eva - ST *ages 5 - 12 yrs.
						5:30 - 6:30pm ∅ Power Yoga Eva - ST
						5:15 - 6:15am Cardio Core Intervals Fabs - ST
						7:15 - 8:15am ♥ Basic Yoga Eva - ST
						9:25 - 10:25am Body Conditioning Sergio - ST
						3:30 - 4:30pm \$ Karate ☺ Samir - ST
						4:40 - 5:30pm \$ Taekwondo ☺ Samir - ST
						5:50 - 6:50pm Zumba® Behailu - ST
						7:00 - 8:00pm Yoga Flow Eva - ST

NOTES:	This schedule is subject to change based on participation and instructor availability.	Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.
	Please see a Wellness Coach for interest in Small Group Trainings.	Evening classes are shaded in grey

*Cycle Class Cancelled: 2/3/18, 2/10/17, 2/24/18, 3/10/18 to support Pedal for a Purpose.
 ** ALL classes cancelled 3/10/18 to support Pedal for a Purpose.