



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

<p>5:30 - 6:30am Body Conditioning with Cardio Andrea - ST</p> <p>6:00 - 7:00am Yoga Christine - CM</p> <p>7:00 - 8:00am A AOA Conditioning Reba - ST</p> <p>8:10 - 9:00am A AOA Gym Circuit Chris E - GY</p> <p>9:15 - 10:15am Body Conditioning with Cardio Michelle - ST</p> <p>9:15 - 10:00am A SilverSneakers Classic@ Jessica/Reba - GY</p> <p>10:30 - 11:00am \$ Baby Bugs Merryam - CM</p> <p>10:20 - 11:15am A Healthy Heart Amanda - ST2</p> <p>10:30 - 11:30am ▼ Yoga Flow Lisa W - ST1</p> <p>12:05 - 1:00pm Zumba@ Serina - ST</p> <p>12:10 - 1:00pm ⚡ Power Yoga Christina - CM</p> <p>1:15 - 2:15pm P Pedal for Parkinson's Serina, ST2</p>	<p>☺ 4:00 - 5:00pm Pre -Ballet \$ Staff - ST2</p> <p>▼ 4:05 - 5:00pm Zumba Toning@ Kristen - ST1</p> <p>4:15 - 5:00pm Kids Yoga (Target ages 5 -10, Family Friendly) Renee- CM</p> <p>☺ 5:00 - 6:00pm \$ Ballet Staff - ST2</p> <p>5:15 - 6:00pm ▼ PILATES Jodi - CM</p> <p>⚡ 5:15 - 6:05pm* Advanced TRX@ Victoria - ST1</p> <p>6:15 - 7:15pm ▼ HoopFit Fusion Stef V - CM</p> <p>6:20 - 7:15pm ◇ CYCLE Victoria - ST1*</p> <p>6:30 - 7:30pm ▼ Zumba@ Kim K - ST2*</p> <p>7:30 - 8:30pm ▼ Yoga Flow Stef V - CM</p> <p>7:30 - 8:30pm L LIVESTRONG@ L Coach, ST1</p>	<p>5:15 - 6:00am PILATES Jenny/Jodi - ST2</p> <p>▼ 6:00 - 7:00am CYCLE ◇ Nicole L - ST1</p> <p>6:15 - 7:00am POUND Sabrina - ST2</p> <p>A 8:15 - 9:05am Gentle Cardio Dance ▼ Serina - GY</p> <p>9:30 - 10:15am CYCLE Serina - ST1</p> <p>9:15 - 10:15am ◇ Zumba@ Reba - GY</p> <p>10:30 - 11:15am TRX@ Serina - ST1</p> <p>11:15 - 12:00pm ▼ Pilates Basics Jodi - CM</p> <p>11:30am- 12:00pm Cardio Kickboxing Katrina - ST</p> <p>▼ 12:10 - 1:00pm Gentle Yoga Sherri - CM</p> <p>12:10 - 12:55pm Body Conditioning Katrina - ST</p>	<p>4:05 - 5:05pm Yoga Flow Lisa W - CM</p> <p>▼ 4:15 - 5:15pm Body Conditioning with Cardio Jodi - ST2</p> <p>◇ 4:35 - 5:20pm TRX@ Amber B - ST1</p> <p>5:30 - 6:25pm Strength Conditioning Amber B - ST</p> <p>☺ 6:15 - 7:15pm \$ Tae Kwon Do Samir - CM</p> <p>\$ 6:30 - 7:30 Argentine Tango Matt - ST1</p> <p>6:35 - 7:35pm ▼ DRUMS ALIVE@ Nicole M - ST2</p> <p>7:00 - 8:00pm L LIVESTRONG@ L Coach, ST1</p> <p>7:30 - 8:30pm N Yoga Flow David - CM</p>	<p>5:30 - 6:10am * ▼ Body Conditioning Andrea - ST</p> <p>6:10 - 6:30am* ▼ Cardio Express Andrea - ST</p> <p>6:00 - 7:00am Yoga Christine - CM</p> <p>7:00 - 8:00am A AOA Conditioning Carolina - ST</p> <p>8:10 - 9:00am A AOA Gym Circuit Chris - GY</p> <p>8:30 - 9:30am ▼ Gentle Yoga Lisa W - CM</p> <p>9:15 - 10:00am A SilverSneakers Classic@ Chris/Shirley - GY</p> <p>9:15 - 10:15am Kickboxing + Sculpt Michelle - ST</p> <p>10:20 - 10:50am Core & Stretch Michelle - ST1</p> <p>10:20 - 11:15am A Healthy Heart Shirley - ST2</p> <p>11:30am - 12:00pm ▼ Core Conditioning Serina - ST1</p>	<p>12:15 - 12:45 Small Group \$ Training Reba - ST2</p> <p>◇ 12:10 - 12:55pm CYCLE Serina - ST1</p> <p>12:10 - 1:00pm Yoga Flow Mandi - CM</p> <p>4:05 - 5:00pm Zumba@ Jodi - ST2</p> <p>4:05 - 5:05pm \$ Boxercise Coach - ST1</p> <p>☺ 4:30 - 5:00pm \$ Baby Bugs Margret - CM</p> <p>5:15 - 6:00pm ▼ Beyond BARRE Jodi - ST2</p> <p>5:15 - 6:15pm Body Conditioning Shannon - ST1</p> <p>5:15 - 6:00pm ☺ Tumble Bugs \$ Margret - CM</p> <p>6:15 - 7:00pm ☺ Jitter Bugs \$ Margret - CM</p> <p>7:30 - 8:30pm ▼ Somatic Yoga Stef V - CM</p> <p>7:30 - 8:30pm ▼ Zumba@ Lisa D - ST2</p>	<p>5:15 - 6:00am Pilates Jenny/Jodi - ST2</p> <p>6:00 - 7:00am ◇ CYCLE Nicole L - ST1</p> <p>6:15 - 7:00am POUND Sabrina - ST2</p> <p>8:15 - 9:05am ▼ Gentle Cardio Dance A Serina- GY</p> <p>8:30 - 9:00am ▼ Cardio Express Andrea B - ST</p> <p>9:00 - 9:30am ▼ Core/Balance/Stretch Andrea B - ST</p> <p>9:15 - 10:15am Zumba@ Christelle - GY</p> <p>9:45 - 10:30am N POUND Sabrina - ST</p> <p>⚡ 9:45 - 10:15am Land/Water HIIT Reba - POOL</p> <p>☺ 11:15 - 12:00pm \$ Tumble Bugs Jodi - CM</p> <p>11:30am-12:00pm Cardio Express Katrina - ST</p> <p>12:10 - 12:55pm Body Conditioning Katrina - ST</p>	<p>4:05 - 5:05pm Yoga Flow Laura W - CM</p> <p>4:30 - 5:15pm ◇ CYCLE Jeanne - ST2</p> <p>◇ 4:35 - 5:20pm TRX@ Amber B- ST1</p> <p>\$ 5:15 - 6:00pm Self Defense Medina - CM</p> <p>5:30 - 6:25pm Strength Conditioning Amber B - ST</p> <p>☺ 6:15 - 7:15pm \$ Tae Kwon Do Samir - CM</p> <p>\$ 6:30 - 7:30pm Argentine Tango Matt - ST1</p> <p>6:30 - 8:00 pm L LIVESTRONG@ L Coach, ST2</p> <p>7:30 - 8:30pm ▼ Yoga Flow Arika - CM</p>	<p>6:00 - 7:00am Yoga Andrea - CM</p> <p>7:00 - 8:00am A AOA Conditioning Reba - ST</p> <p>8:10 - 9:00am A AOA Gym Circuit Shirley - GY</p> <p>9:15 - 10:00am A SilverSneakers Yoga@ Shirley/Christine - GY</p> <p>9:15 - 10:15am Body Conditioning with Cardio Pam - ST2</p> <p>◇ 9:30 - 10:25am TRX@ Jessica - ST1</p> <p>10:30 - 11:30am* ▼ Roll, Stretch, & Restore Jessica - ST1</p> <p>10:20 - 11:15 A Healthy Heart Shirley - ST2</p> <p>11:30 - 12:00pm ▼ Beyond BARRE 30 Jodi - ST2*</p> <p>12:05 - 1:00pm Zumba@ Jodi - ST</p> <p>12:10 - 1:00pm ▼ Yoga Basics Pepper - CM</p> <p>1:15 - 2:15pm P Pedal for Parkinson's Reba - ST2</p>	<p>☺ 3:30 - 4:30pm \$ Karate Kendrick - ST2</p> <p>4:30 - 5:30 Body Conditioning Jeanne - ST1</p> <p>4:30 - 5:30pm Yoga Flow Promise - CM</p> <p>5:45 - 6:45pm R.I.P.E.D.@ Shannon - ST1</p> <p>6:00 - 7:00* Zumba@ Kim - ST2</p> <p>7:00 - 8:00pm L LIVESTRONG@ L Coach, ST2</p>	<p>9:05 - 10:00am N POUND Eva/Jenna- GY</p> <p>◇ 9:05 - 9:50am CYCLE Theresa/ Michelle-ST2</p> <p>9:15 - 10:15am ▼ Yoga Flow Stef V/Sherr i - CM</p> <p>◇ 9:05 - 10:00am Advanced TRX @+ ⚡ Cardio Shayle/Staff - ST1</p> <p>10:00 - 10:45am Body Conditioning Theresa/Michelle - ST2</p> <p>10:30 - 11:30am ⚡ Power Yoga Lisa W/ Stef V- CM</p>	<p>4:00 - 5:05pm R.I.P.E.D.@+Core Shannon - ST</p> <p>5:15 - 6:30pm ▼ Yin Yoga Promise - CM</p>
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Pedals for a Purpose
- Feb. 3, 10, 24 &
March 3 NO CYCLE

NOTES:
* class has changed time or location.
Please see a Wellness coach for interest in Small Group Trainings.
Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.
Evening classes are shaded in Gray.
Updated 1/31/18
Classes are subject to change based on participation.

Try Argentine Tango! T/Th beginning on January 16