



GROUP EXERCISE WINTER SCHEDULE

NORTH SPOKANE YMCA • JAN 8, 2018 – MAR 30, 2018

LEGEND
ST1 Studio 1 **N** New Class **\$** There is a fee and need to register
ST2 Studio 2 **A** Active Older Adult **◇** TRX, Cycling and AC require sign-up 1 day in advance
ST Studios **♥** Begin here! **⊘** Advanced Level Class
GY Gym **☺** Kids Programming ***** Start/End time change or location change

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY SUNDAY

<p>5:15 – 6:10am Cardio & Strength Intervals Naomi – ST</p> <p>6:15 – 7:15am* ♥ Yoga Flow Naomi – ST2</p> <p>7:00 – 8:00am* A Healthy Heart Miran – Wt fl/ST</p> <p>8:15 – 9:10am ♥ Silver Sneakers Classic® Laura G/Heather S – ST</p> <p>9:30 – 10:30am Zumba® Miki/Alicia – GY</p> <p>9:30 – 10:30am Cardio & Strength Pam – ST</p> <p>10:45 – 11:45am ◇ Cycling Laura G – ST2</p> <p>11:00 – 11:45am Body Conditioning Heather A – ST1</p> <p>12:00 – 1:00pm* ♥ Yoga Flow Laura G – ST1</p>	<p>\$ 4:00 – 5:00pm Karate \$ ☺ Samir – ST1</p> <p>4:05 – 5:05pm ♥ Pilates & Yoga Theresa – ST2</p> <p>\$ 5:15 – 6:15pm Taekwondo \$ ☺ Samir – ST1</p> <p>5:15 – 6:15pm Step & Strength Theresa – ST2</p> <p>6:15 – 7:15pm Zumba Carly – 1/2GY</p> <p>6:30 – 7:30pm Body Conditioning with Step Family – ST2</p> <p>9:30 – 10:30am Beyond BARRE Pam – 1/2GY</p> <p>10:45 – 11:45am Zumba® Brandy – 1/2GY</p> <p>10:45 – 12:00pm Yoga & Meditation Kimmie – ST2</p> <p>10:45 – 11:45am \$ Homeschool PE Staff – 1/2 GY</p>	<p>5:15 – 6:10am Strength & Conditioning Naomi – ST1</p> <p>5:15 – 6:15am ◇ Cycling Crystal – ST1</p> <p>6:20 – 7:00am ◇ TRX® Crystal – ST1</p> <p>8:00 – 9:00am A Beg. Cardio/Strength ♥ Jen/Deb – ST1</p> <p>8:15 – 9:15am ♥ Gentle Yoga Leslie – ST2</p> <p>9:30 – 10:30am Strength & Conditioning Christina – ST2</p> <p>9:30 – 10:30am Beyond BARRE Pam – 1/2GY</p> <p>10:45 – 11:45am Zumba® Brandy – 1/2GY</p> <p>10:45 – 12:00pm Yoga & Meditation Kimmie – ST2</p>	<p>12:00 – 3:00pm ♥ Pickle Ball Open Play – GY</p> <p>4:10 – 5:00pm ◇ Cycling Jenny – ST2</p> <p>5:05 – 5:35pm Core Express Jenny – ST2</p> <p>5:15 – 6:10pm STRONG by Zumba® Deborah – ST1</p> <p>6:30 – 7:20pm Zumba® Lisa A – ST</p> <p>7:30 – 8:25pm* Yoga Flow Theresa – ST1</p> <p>9:30 – 10:30am Beyond BARRE Pam – 1/2GY</p> <p>10:45 – 11:45am N Step Susan S – ST2 STARTING 1/24</p> <p>11:00 – 11:45am ◇ Strength & TRX® Heather A – ST1</p> <p>New Format! 12:00 – 1:00pm N YoQi Kimmie – ST2</p>	<p>5:15 – 6:10am Cardio & Strength Intervals Naomi – ST</p> <p>6:15 – 7:15am ◇ Cycling Naomi – ST</p> <p>7:00 – 8:00am* A Healthy Heart Miran – Wt fl/ST</p> <p>8:15 – 9:10am* A Silver Sneakers Yoga® Leslie/Laura G – ST</p> <p>New class! 9:30 – 10:30am N Cardio Yoga Christina – ST1</p> <p>9:30 – 10:30am ◇ Cycling Amy – ST2</p> <p>9:30 – 10:30am Zumba® Brandy – GY</p> <p>10:45 – 11:45am N Step Susan S – ST2 STARTING 1/24</p> <p>11:00 – 11:45am ◇ Strength & TRX® Heather A – ST1</p> <p>New Format! 12:00 – 1:00pm N YoQi Kimmie – ST2</p>	<p>\$ 4:00 – 5:00pm Karate \$ ☺ Samir – ST1</p> <p>4:00 – 4:45pm \$ Fairy Tale Ballet \$ ☺ Tara O – ST2</p> <p>5:15 – 6:15pm \$ Taekwondo \$ ☺ Samir – ST2</p> <p>5:15 – 6:15pm ♥ Beyond BARRE Leslie K – ST1</p> <p>6:30 – 7:15pm* Fit 4 Kids Tara O – ST 2 Starting Feb 7</p> <p>6:15 – 7:15pm* Zumba® Carly – 1/2 GY</p> <p>6:30 – 7:15pm Body Conditioning Leslie K – ST1</p> <p>7:30 – 8:25pm* PIYO® Miki – ST2</p> <p>11:00 – 12:00pm* N Restorative Yoga Kimmie – ST</p> <p>10:45 – 11:45am \$ Homeschool PE Staff – 1/2 GY</p>	<p>5:15 – 6:10am P90X Live @ Naomi – ST2</p> <p>5:15 – 6:15am* ◇ Cycling Crystal – ST1</p> <p>6:20 – 7:00am ◇ TRX® Crystal – ST1</p> <p>8:00—9:00am A Cardio, Core & More ♥ Deb/Susan – ST1</p> <p>8:45 – 9:30am* ◇ Beginning Cycling ♥ Bonnie – ST2</p> <p>9:30 – 10:50am ◇ TRX/Cycle Megan – ST1</p> <p>9:30 – 10:30am ♥ Beyond BARRE Pam – GY</p> <p>9:45 – 10:45am* Body Conditioning Christina – ST2</p> <p>New Format! 11:00 – 12:00pm* N Restorative Yoga Kimmie – ST</p> <p>10:45 – 11:45am \$ Homeschool PE Staff – 1/2 GY</p>	<p>12:00 – 3:00pm ♥ Pickle Ball Open Play – GY</p> <p>4:10 – 5:00pm ◇ Cycling Jenny – ST2</p> <p>5:05 – 5:35pm Core & Strength Express Jenny – ST2</p> <p>5:00 – 6:00pm \$ Intro to Ballroom Dancing Esther – ST1</p> <p>6:15 – 7:15pm Zumba® Miki/ Brandy – ST</p> <p>7:30 – 8:30 pm ♥ Yoga Julie/Michelle – ST2</p> <p>9:30 – 10:30am Zumba® Christelle – GY</p> <p>10:45 – 11:45am Yoga Flow Margo – ST1</p> <p>10:45 – 11:45am PIYO® Christina/Sue S 1/2 GY</p>	<p>\$ 5:00 – 6:00pm ☺ Taekwondo \$ Samir ST1</p> <p>\$ 6:00 – 7:00pm ☺ Taekwondo \$ Samir – ST1</p> <p>\$ 7:00 – 8:00pm ☺ Self Defense \$ Medina – ST1</p> <p>9:30 – 10:30am* Cardio Kickboxing Trish – ST1</p> <p>9:30 – 11:00am ◇ Cycle & Strength Jenny – ST2</p> <p>9:30 – 10:30am Zumba® Christelle – GY</p> <p>10:45 – 11:45am Yoga Flow Margo – ST1</p> <p>10:45 – 11:45am PIYO® Christina/Sue S 1/2 GY</p>	<p>7:00 – 9:00am ♥ Pickle Ball Open Play – GY</p> <p>9:15 – 10:00am Pickle Ball Open Play – 1/2GY</p> <p>New Class! 8:00 – 9:00am N PIYO® Christina – ST1`</p> <p>Extended time! 7:30 – 9:00am ◇ Cycling Crystal/Jenny/Amy – ST2</p> <p>9:15 – 10:15 Zumba® Lindsey/Jen M – 1/2GY</p> <p>9:15 – 10:15am ◇ TRX® Crystal/April/Theresa – ST1</p> <p>Please see note below 9:15 – 10:15am ☺ Fit 4 Kids Miran – ST2</p> <p>10:30 – 11:30am Yoga Flow Naomi/Theresa/Michelle – ST1</p> <p>10:30 – 11:30am* Lower Body and Core/Barre Naomi/Jen M – ST2</p>	<p>12:00: – 3:00pm ♥ Pickle Ball Open Play –GY</p> <p>3:00: – 4:00pm ♥ Yoga Julie –ST</p> <p>Updated 1.10.2018 Classes are subject to change based on participation numbers</p> <p>Notes: Children ages 7-11 are welcome in a class with an adult. Must be 13 or older for TRX.</p> <p>Evening classes are shaded in gray</p>
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