



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	5:25 - 6:25pm N 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	5:25 - 6:25pm N 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 A Senior Fitness 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	7:20 - 8:20am A 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	New Class! N Starts 2/7/18 7:45 - 8:45pm ◇ Cycle Dan - ST	8:30 - 9:15am A Zumba® Gold Tricia - ST	5:50 - 6:50pm Zumba® Behailu - 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	9:25 - 10:25am Yoga Flow Eva - ST
10:35 - 11:35am A AOA Basic Yoga N Tracy - ST	9:30 - 10:15am Weight Room Circuit Staff - GF	9:30 - 10:30am R.I.P.E.D Sue - ST	9:30 - 10:15am Weight Room Circuit Staff - GF	9:25 - 10:25am Yoga Flow Eva - ST	9:10 - 10:00am Body Conditioning Sergio/David - ST	10:10 - 10:55am HIIT David - ST
	10:40 - 11:35am Zumba Christelle - ST			7:00 - 8:00pm Yoga Flow Eva - ST	9:10 - 10:00am Body Conditioning Sergio/David - ST	10:10 - 10:55am HIIT David - ST
	12:15 - 12:45pm N HIIT Express Stacy - ST			7:00 - 8:00pm Yoga Flow Eva - ST	9:10 - 10:00am Body Conditioning Sergio/David - ST	10:10 - 10:55am HIIT David - ST
				10:35 - 11:20am \$ Boxercise Brad/Stacy - ST	9:10 - 10:00am Body Conditioning Sergio/David - ST	6:00 - 7:00pm Yoga Flow Eva - ST
				12:15 - 12:45pm N HIIT Express Stacy - ST	7:45 - 8:30am Cycling* Lisa F - ST No Class 3/10/18	6:00 - 7:00pm Yoga Flow Eva - ST
					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	
					7:15 - 8:15am ♥ Basic Yoga Eva - ST	
					9:25 - 10:25am Body Conditioning Sergio - ST	
					10:00 - 11:00am Athletic Conditioning Charles - ST No Class 3/10/18	

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.	Updated 1/24/18
	Evening classes are shaded in grey	

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