



# GROUP EXERCISE WINTER SCHEDULE

## SPOKANE VALLEY YMCA • JAN 8 - MAR 30, 2018

### LEGEND

- ST Studio
- WA Rock Wall
- GY Gym
- N New Class or Format
- A Active Older Adult
- ♥ Begin here if new!
- ☺ Kids Classes
- L LIVESTRONG®- Contact nmanus@ymcaspokane.org
- \$ Fee Based Program and registration is required.
- ◇ TRX and Cycling require sign-up 1 day in advance
- ⊘ Advanced Level Class
- \* Start or End time change

### MONDAY

- 5:15 - 6:00am  
N **Body Conditioning**  
Megan - ST
- 6:15 - 7:15am\*  
Yoga  
Michelle - ST
- 7:30 - 8:30am  
A **Modified Cardio & Abs**  
Mary Jo - ST
- 7:30 - 8:30am  
A **Striders- Strength, Stretch & Balance (Y Members welcome)**  
Staff - GY
- 8:45 - 9:30am  
A **SilverSneakers Classic®**  
Mary Jo, Jaime - GY
- 8:45 - 9:15am  
N **CYCLING Express**  
◇ Megan - ST
- 9:30 - 10:20am  
♥ **Body Conditioning**  
Mandi - ST
- 9:45 - 10:35am  
♥ **Beyond Barre**  
Heidi - 1/2 GY
- 10:45 - 11:40am  
Zumba®  
Christelle - 1/2 GY
- ◇ 10:30 - 11:15am  
**CYCLING**  
Mandi - ST
- N 11:25 - 11:55pm  
♥ **Core Express**  
Katrina - ST
- N 12:00 - 12:30pm  
♥ **Cardio Kickboxing**  
Katrina - ST

### TUESDAY

- 5:15 - 6:00am  
♥ **Core Conditioning**  
Bo - ST
- 6:10 - 7:00am  
**CYCLING**  
◇ Deena - ST
- 7:30 - 8:30am  
♥ **Gentle Yoga**  
Anna - ST
- 8:45 - 9:30am  
**SilverSneakers Yoga®**  
Anna - ST
- 9:15 - 10:15am  
\$ **Home School PE** \$  
Staff - 1/2 GY
- ◇ 9:15 - 10:15am  
⊘ **Advanced TRX**  
Amber - WA
- 9:45 - 11:00am  
♥ **Cardio & Strength Intervals**  
Darcie - ST
- ♥ 10:20 - 11:20am  
◇ **TRX**  
Amber - WA
- 10:30 - 11:20am  
**Zumba® (Glutes & Abs)**  
Heidi - 1/2 GY
- 11:15 - 12:15pm  
♥ **Yoga**  
Sara - ST

### WEDNESDAY

- 5:15 - 6:00am  
**Body Conditioning w/ Cardio**
- 6:15 - 7:00am  
♥ **Core & More**  
Nichole - ST
- 7:30 - 8:30am  
A **SilverSneakers Circuit®**  
Mary Jo - ST
- 7:30 - 8:30am  
A **Striders- Strength, Stretch & Balance (Y Members welcome)**  
Staff - GY
- 8:45 - 9:30am  
A **SilverSneakers Classic®**  
Mary Jo, Jaime - GY
- 9:00 - 9:30am  
♥ **Core Express**  
Amber - ST
- 9:45 - 10:45am  
◇ **CYCLING**  
Darcie - ST
- 9:45 - 10:35am  
⊘ **Athletic Conditioning**  
Amber - 1/2 GY
- 11:00 - 11:50am  
N **Pilates Basics**  
♥ Sandy - ST
- N 12:00 - 12:50pm\*  
♥ **Line Dancing**  
Sandy - ST

### THURSDAY

- 4:30 - 5:15pm  
N **CYCLING**  
◇ Pepper - ST
- 4:30 - 5:20pm  
N **TRX**  
◇ Amber - WA
- 5:30 - 6:20pm  
N **Beyond Barre**  
Pepper - ST
- 5:30 - 6:20pm  
◇ **TRX Circuit**  
Amber - WA
- 6:30 - 7:30pm  
⊘ **Athletic Conditioning**  
Kat - 1/2 GY
- 6:30 - 7:20pm  
Zumba®  
Lindsey - ST
- 7:30 - 8:25pm  
♥ **Yoga & Meditation**  
Lea - ST
- 5:15 - 6:00am\*  
◇ **TRX circuit**  
Bo - WA
- 6:10 - 7:00am  
◇ **CYCLING**  
Kathy - ST
- 7:30 - 8:30am  
♥ **Gentle Yoga**  
Mary Jo - ST
- 8:45 - 9:30am  
A **SilverSneakers Yoga®**  
Mary Jo - ST
- 9:15 - 10:15am  
\$ **Home School PE** \$  
Staff - 1/2 GY
- 9:15 - 10:00am  
N **TRX**  
◇ Megan - WA
- 10:15 - 11:15am  
◇ **TRX Circuit**  
Amber - WA
- 10:15 - 11:00am  
**Zumba® Step**  
Heidi - ST
- 11:15 - 12:15pm  
♥ **Yoga**  
Sara - ST

### FRIDAY

- 3:45 - 4:30pm  
☺ **Karate I (Beg.)** \$  
Crystal - ST
- 4:35 - 5:15pm  
☺ **Karate II (Adv.)** \$  
Crystal - ST
- 5:30 - 6:20pm  
♥ **Body Conditioning**  
Mandi - ST
- 6:30 - 7:25pm  
**Zumba®**  
Rachel - 1/2 GY
- 7:30 - 8:30 pm  
L **LIVESTRONG® Alumni**  
L. Coach - ST
- 5:15 - 6:00am  
N **Body Conditioning**  
Megan - ST
- 6:15 - 7:15am\*  
♥ **Yoga**  
Christine - ST
- 7:30 - 8:30am  
♥ **Modified Cardio & Yoga Stretch**  
Mary Jo - ST
- 8:45 - 9:30am  
A **Classic®**  
Mary Jo, Sandy - GY
- 8:45 - 9:15am  
N **CYCLING Express**  
◇ Deena - ST
- 9:30 - 10:20am  
♥ **Body Conditioning**  
Mandi - ST
- 10:35 - 11:30am  
**Zumba®**  
Lindsey - 1/2 GY
- ◇ 10:30 - 11:15am\*  
**CYCLING**  
Mandi - ST
- 11:30 - 12:30pm\*  
♥ **Yoga & Meditation**  
Lea - ST

### SATURDAY

- 7:30 - 8:20am  
N **CYCLING**  
◇ Deena - ST
- 8:35 - 9:20am  
**Body Conditioning**  
Pepper - ST
- 9:00 - 9:50am  
**STRONG by Zumba®**
- 9:30 - 10:30 am  
⊘ **Advanced TRX**  
Jeanne - WA
- ◇ 9:30 - 10:20am  
**CYCLING**  
Pepper - ST
- 10:00 - 11:00am  
**Zumba®**  
Rachel/Lindsey -
- ☺ 10:30 - 11:15am  
**FIT 4 Kids**  
Jenn/Jodi - ST

### SUNDAY

- 2:15 - 3:15pm  
♥ **Zumba®**  
Rachel/Lisa - 1/2 GY
- 3:30 - 4:45pm  
♥ **Yoga & Meditation**  
Anna - ST

### NOTES:

Evening classes are shaded in gray.	<b>Schedule Updated: 2.5.18</b>	**This schedule is subject to change based on participation and instructor
Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.	<b>FIT 4 Kids</b> - For ages 5-12. Parents must remain in class with children 7yrs and under.	Please see a Wellness Coach for interest in Small Group