



GROUP EXERCISE SCHEDULE

CENTRAL SPOKANE YMCA • JAN 7 – MAR 31, 2019

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
 FAC Family Activity Center
 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 - 7am Yoga David - CM</p> <p>A 7 - 8am AOA Conditioning ♥ Amber - ST</p> <p>A 8:15 - 9am AOA Gym Circuit ♥ Chris E - GY</p> <p>9:15 - 10:15am Body Conditioning with Cardio Becky - ST</p> <p>9:15 - 10am SilverSneakers Classic® ♥ Jessica/Staff GY</p> <p>10:20 - 11:15am HIIT Plyometric Patrick - FAC</p> <p>A 10:20 - 11:15am Healthy Heart ♥ Amanda - ST1</p> <p>\$ 10:30 - 11am Baby Bugs ☺ Merryam - CM</p> <p>10:30 - 11:30am Yoga Flow Lisa W - ST2</p> <p>\$ 11 - 11:45am Tumble Bugs ☺ Merryam - CM</p> <p>12:05 - 1pm Zumba® Serina - ST</p> <p>12:10 - 1pm ∂ Power Yoga Christina - CM</p>	<p>1:15- 2:15pm P Pedal for Parkinson's Serina, ST2</p> <p>\$ 4 - 5pm Fairy Tale Ballet ☺ Teresa - ST2</p> <p>4:05 - 5pm Zumba Toning® Jennifer H. - ST1</p> <p>4:15 - 5pm ☺ Kids Yoga Stefani - CM</p> <p>5:15 - 6:15pm Hoop Fusion Stefanie - CM</p> <p>\$ 5 - 6pm Ballet ☺ Teresa - ST2</p> <p>5:30 - 6:30pm RUMBLE Shannon - ST1</p> <p>6:30 - 7:30pm ♥ Zumba® Kim K - ST2</p> <p>6:30 - 7:15pm N PILATES Jodi - CM</p> <p>7:30 - 8:30pm ∂ Power Yoga Squid - CM</p> <p>7:30 - 8:30pm L LIVESTRONG® L Coach, ST1</p>	<p>5:15 - 6am PILATES Jenny - ST2</p> <p>♥ 6 - 7am Cycling ◇ Nicole L - ST1</p> <p>A 8:15 - 9:05am Gentle Cardio Dance ♥ Serina - GY</p> <p>9:30 - 10:30am Zumba® Christelle - GY</p> <p>9:30 - 10:15am ◇ Cycling Serina - ST1</p> <p>10:30 - 11:15am ◇ TRX Serina - ST1</p> <p>11:30am - Noon Cardio Kickboxing Katrina - ST</p> <p>12:10 - 12:55pm Body Conditioning Katrina - ST</p> <p>7:30 - 8:30pm Yoga Flow Sarah - CM</p>	<p>4:05 - 5:05pm Yoga Flow Lisa W - CM</p> <p>4:35 - 5:20pm ◇ TRX Amber B - ST1</p> <p>5:30 - 6:25pm Strength Conditioning Amber B - ST</p> <p>\$ 5:15 - 6:15pm Taekwondo ☺ Samir - CM</p> <p>\$ 6:15 - 7:15pm Karate ☺ Samir - CM</p> <p>6:35 - 7:35pm \$ Argentine Tango Matt - ST1</p> <p>6:35 - 7:35pm N R.I.P.P.E.D.® Shannon - ST2</p> <p>7:35 - 8:05pm L LIVESTRONG® L Coach, ST1</p> <p>7:30 - 8:30pm Yoga Flow Sarah - CM</p>	<p>5:30 - 6:30am ♥ Body Conditioning Andrea - ST</p> <p>6 - 7am Yoga David - CM</p> <p>A 8:15- 9am AOA Gym Circuit ♥ Chris - GY</p> <p>8:30 - 9:30am ♥ Gentle Yoga Lisa W - CM</p> <p>9:15 - 10am A SilverSneakers Classic® ♥ Chris/Jen C - GY</p> <p>9:15 - 10:15am Kickboxing + Strength Becky - ST</p> <p>\$ 10 - 10:30am Baby Bugs ☺ Merryam - CM</p> <p>10:30 - 11:15am \$ Tumble Bugs ☺ Merryam - CM</p> <p>10:20- 11:15am Core & Stretch Becky - ST1</p> <p>10:20 - 11:15am \$ HIIT Tabata Patrick - FAC</p> <p>A 10:20 - 11:15am Healthy Heart ♥ Serina - ST2</p> <p>11:30am - Noon ♥ Core Conditioning Serina - ST1</p>	<p>12:10 - 1pm ◇ Cycling Serina - ST1</p> <p>12:10 - 1pm Yoga Flow Mandi - CM</p> <p>1:15 - 2:15pm P Pedal for Parkinson's Jessica - ST2</p> <p>\$ 4:30 - 5pm Baby Bugs ☺ Aleigha - CM</p> <p>5:15 - 6:15pm Body Conditioning Shannon - ST1</p> <p>\$ 5:15 - 6pm Tumble Bugs ☺ Aleigha - CM</p> <p>6:15 - 7pm \$ Jitter Bugs ☺ Aleigha - CM</p> <p>6:25 - 7:25pm 20/20/20 Becky - ST1</p> <p>6:30 - 7:30pm N RUMBLE Shannon - ST2</p> <p>7:15- 8pm ♥ Gentle Yoga Squid - CM</p>	<p>5:15 - 6:am PILATES Jenny - ST2</p> <p>6 - 7am ◇ Cycling Nicole L - ST1</p> <p>♥ 8:15- 9:05am Gentle Cardio Dance A Serina - GY</p> <p>8:30 - 9am ♥ Cardio Express Andrea - ST</p> <p>9 - 9:30am ♥ Core/Balance/Stretch Andrea - ST</p> <p>9:30 - 10:30am Zumba® Christelle - GY</p> <p>9:45 - 10:45am ◇ TRX Intervals Serina - ST1</p> <p>\$ 11:15am - Noon Tumble Bugs ☺ Michaela - CM</p> <p>11:30am-Noon 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>4:35 - 5:20pm ◇ TRX Amber B - ST1</p> <p>5:30 - 6:25pm Strength Conditioning Amber B - ST</p> <p>\$ 5:15 - 6:15pm Taekwondo ☺ Samir - CM</p> <p>\$ 6:15 - 7:15pm Karate ☺ Samir - CM</p> <p>6:30 - 8pm L LIVESTRONG® L Coach, ST2</p> <p>6:35 - 7:35pm \$ Argentine Tango Matt - ST1</p>	<p>6 - 7am Yoga Andrea - CM</p> <p>A 7 - 8am AOA Conditioning ♥ Carolina - ST</p> <p>8:15 - 9am A AOA Gym Circuit Chris - GY</p> <p>A 9:15 - 10am SilverSneakers Yoga® ♥ Shirley/Carolina - GY</p> <p>9:15 - 10:15am Body Conditioning with Cardio Pam - ST2</p> <p>9:15 - 10:15am ◇ TRX Jessica - ST1</p> <p>10:20 - 11:20am ♥ Roll, Stretch, & Restore Jessica - ST1</p> <p>10:20 - 11:15am \$ HIIT Circuit Patrick - FAC</p> <p>A 10:20 - 11:15am Healthy Heart ♥ Vincent - ST2</p> <p>11:30 - Noon Beyond Barre Alicia - ST1</p> <p>12:05 - 1pm Zumba® Alicia - ST1</p> <p>12:10 - 1pm ♥ Yoga Basics Rinzen - CM</p> <p>12:10 - 1pm ◇ Cycling Victoria - ST2</p>	<p>1:15 - 2:15pm P Pedal for Parkinson's Victoria - ST2</p> <p>5 - 5:45pm N Family Cardio Dance Judy - ST2</p> <p>5:45 - 6:45pm R.I.P.P.E.D.® Shannon - ST1</p> <p>6 - 7pm ♥ Zumba® Kim - ST2</p> <p>7 - 8pm L LIVESTRONG® L Coach, ST2</p>	<p>9:05 - 9:50am ◇ Cycling Michelle/Theresa -ST2</p> <p>∂ 9:05 - 10am Advanced TRX + Cardio Becky/Meleah - ST1</p> <p>9:15 - 10:15am Yoga Flow Stefani - CM</p> <p>10 - 10:45am Body Conditioning Michelle/Theresa -ST2</p> <p>10:15 - 11:05am ♥ Zumba® Kim - ST1</p> <p>10:30 - 11:30am ∂ Power yoga Stefani - CM</p>	<p>9:30 - 10:30am N Yoga Cameron - CM</p> <p>4 - 5:05pm R.I.P.P.E.D.® +Core Shannon - ST</p> <p>5:15 - 6:30pm ♥ Yoga & Meditation Ally - CM</p>
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NOTES:

Please see a Wellness coach for interest in Small Group Trainings.

Children ages 7-11 are welcome to participate in class with an adult. Must be 13 or older for TRX.

Evening classes are shaded in Gray.

Updated 1/4/19
Classes are subject to change based on instructor availability and participation.