



GROUP EXERCISE SCHEDULE

LITEHOUSE YMCA • JAN 7 – MAR 31, 2019

- LEGEND**
- ST Studio
 - BR BASE Room
 - CS Cycle Studio
 - WF Wellness Floors
 - L LIVESTRONG®
 - N New Class
 - A Active Older Adult
 - ♥ Begin here
 - Wellness Floors
 - LIVESTRONG® – Contact nmanus@ymcaspokane.org
 - \$ There is a fee and need to register
 - ◇ TRX and Cycling require sign-up 1 day in advance
 - ∂ Advanced Level Class
 - ☺ Kids Programming

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
◇ 5:45 – 6:45am Cycle & Strength Jill - CS	N 12:15 – 1pm Power Yoga Frannie - ST	◇ 8:30 – 9:20am Cycling Carla - CS	◇ 8:30 – 9:20am Cycling Carla - CS	◇ 5:45 – 6:45am Cycling Erin - CS	8:15 – 9:15am Yoga Judy - ST	10 – 11am Restorative Yoga Terese – ST
8:30 – 9:30am Cardio Strength Intervals Frythe- ST	♥ 1:15 – 2pm Stay Strong Olivia - ST	◇ 9:35 – 10:25am Cycling Carla - CS	◇ 9:35 – 10:25am Cycling Carla - CS	8 – 8:25am Core & More Express Frythe - ST	<div style="border: 1px solid blue; padding: 2px;"> 9:30 – 10:30am Zumba@ Coming 1.26.19 </div>	
N 9:45 – 10:45am Core & More Frythe- ST	4 – 5pm Yoga Jody - ST	♥ 9:45 – 10:30am Stay Strong Frythe - ST	♥ 9:45 – 10:30am Stay Strong Frythe - ST	8:30 – 9:30am Zumba@ Frythe - ST	10:30 – 11:30am Tai Chi Mark - ST	
	5:30 – 6:30pm Zumba@ Frythe -ST	N 12:15 – 1pm Cardio Strength Intervals Carla - ST	12 – 1pm Yoga Karen - ST	No Evening Classes		
		N 4 – 5pm Athletic Conditioning Carla - ST	1:15 – 2pm Stay Strong Olivia - ST			
		N 5:30 – 6:15pm TurboKick@ Olivia - ST	4 – 5pm Alignment Yoga Frannie - ST	N 12:15 – 1pm Cardio Strength Intervals Belinda - ST		
		9:45 – 10:45 Beyond Barre Frythe - ST	5:30 – 6:30pm Zumba@ Frythe – ST	9:45 – 10:45am Beyond Barre Frythe - ST		
				11:00 – 12pm Yoga Jody - ST		

NOTES:

Evening classes are shaded in gray.	Updated 1.2.19
Children ages 7-11 are welcome in class with an adult. Must be 13 or older for TRX.	This schedule is subject to change based on participation and instructor availability.