



GROUP EXERCISE SCHEDULE

SOUTH SPOKANE YMCA • JAN 7 – MAR 31, 2019

LEGEND

- ST Studio
- N New Class or Format
- ☺ Kids Programming
- A Active Older Adult
- WF Wellness 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 Cardio Strength Intervals Fabs – ST	◇ 4:30 – 5:15pm TRX Intervals Qulette – ST	◇ 5:10 – 5:55am Cycling Lisa – ST	\$ 2:30 – 3:30pm Karate ☺ Samir – ST	5:15 – 6:15am P90x® Live Fabs – ST	◇ 4:30 – 5:15pm TRX Intervals Stacy – ST	◇ 5:10 – 5:55am Cycling Dan – ST	\$ 2:30 – 3:30pm Karate ☺ Samir – ST	5:15 – 6:15am Insanity® Fabs – ST	☺ 3:15 – 4:15pm \$ Fairy Tale Ballet Theresa – ST	◇ 7:45 – 8:30am Cycling Lisa – ST	9:10 – 10am Body Conditioning Sergio/Danielle – ST	4 – 4:50pm Zumba® Amber – ST
N 6:25 – 7:25am Cycling ◇ Dan – ST	5:25 – 6:25pm Body Conditioning Qulette – ST	∅ 6:05 – 6:55am Athletic Conditioning Charles – ST	\$ 3:35 – 4:30pm Taekwondo ☺ Samir – ST	N 6:25 – 7:25am Cycling ◇ Dan – ST	N 5:25 – 6:25pm Cycling ◇ Danielle – ST	∅ 6:05 – 6:55am Athletic Conditioning Charles – ST	\$ 3:35 – 4:30pm Taekwondo ☺ Samir – ST	7:15 – 8:05am Basic Yoga Eva – ST	☺ 4:30 – 5:15pm Kids Yoga Samantha – ST *ages 5 – 12 yrs.	8:45 – 9:45am P90X® Fabs – ST	N 5 – 6:15pm Yoga & Meditation Cameron – ST	
8:15 – 9:15am Yoga Flow Eva – ST	♥ 6:35 – 7:25pm Basic Yoga Eva – ST	♥ 7:20 – 8:20am AOA Conditioning A Tracy – ST	5 – 5:30pm Core Conditioning Dan – ST	♥ 8:15 – 9:15am Bench yoga Tracy/Eva – ST	6:35 – 7:30pm Cardio Strength Intervals Samantha – ST	A 7:20 – 8:20am AOA Conditioning ♥ Tracy – ST	N 6 – 7pm Zumba® Behailu – ST	♥ 8:15 – 9:15am Bench Yoga Eva – ST	◇ 5:25 – 6:25pm Cycling Dan – ST	∅ 10 – 11 am Athletic Conditioning Charles – ST		
8:30 – 9:15am Weight Room Circuit Sergio – WF	N 7:35 – 8:35pm Zumba® Amber – ST	♥ 8:30 – 9:15am Zumba® Gold A Tricia – ST	◇ 5:45 – 6:45pm Cycling Dan – ST	8:30 – 9:15am Weight Room Circuit Sergio – WF		A 8:30 – 9:15am Zumba® Gold ♥ Tricia – ST		9:25 – 10:25am Body Conditioning Sergio – ST		N 11:10 – Noon Family Cardio Dance ☺ Judy – ST		
9:25 – 10:25am Body Conditioning Sergio – ST		8:30 – 9:15am Weight Room Circuit Tracy – WF	7:15 – 8:15pm Yoga Flow Eva – ST	9:25 – 10:25am Body Conditioning Sergio – ST		8:30 – 9:15am Weight Room Circuit Tracy – WF		◇ 10:35 – 11:35am Cycling Sergio – ST				
♥ 10:35 – 11:35am A AOA Basic Yoga Tracy – ST		9:30 – 10:15am Weight Room Circuit Staff – WF		N 9:30 – 10am \$ Y Stretch & Mobility Jonah – WF		9:25 – 10:25am Yoga Flow Eva – ST						
		9:30 – 10:30am R.I.P.E.D Sue – ST		♥ 10:35 – 11:35am A AOA Basic Yoga Tracy – ST		9:30 – 10:15am Weight Room Circuit Staff – WF						
		10:40 – 11:25am \$ Boxercise Brad – WF				10:35 – 11:35am ∅ Power Yoga Eva – ST						
		10:45 – 11:30 N Core Conditioning Victoria – ST				N 11:45 – 12:30pm ◇ TRX Intervals Stacy – ST						
		11:45 – 12:30am N Cardio Strength Intervals Stacy – ST										

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 arrive up to 10 minutes early to class to allow for station set up.

Evening classes are shaded in grey

Updated 1.6.19