



GROUP EXERCISE SCHEDULE

SPOKANE VALLEY YMCA • JAN 7 - MAR 31, 2019

LEGEND

- ST Studio
- WA Rock Wall
- GY Gym
- WF Weight Floor
- 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

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

<p>5:15 - 6am Body Conditioning w/ Cardio Megan D - ST</p> <p>A 7:30 - 8:30am AOA Conditioning ♥ Mary Jo - ST</p> <p>7:30 - 8:30am Striders - Strength, Stretch and Balance (Y members welcome) Staff - 1/2 GY</p> <p>A 8:45 - 9:30am SilverSneakers Classic® Mary Jo, Jaime - GY</p> <p>♥ 9:30 - 10:20am Body Conditioning Mandi - ST</p> <p>♥ 9:45 - 10:35am Beyond Barre Heidi - 1/2 GY</p> <p>◇ 10:30 - 11:15am Cycling Mandi - ST</p> <p>10:45 - 11:40am Zumba® Christelle - 1/2 GY</p> <p>♥ 11:30 - 12:15pm PILATES Katrina - ST</p> <p>N 12:25 - 12:55pm Cardio Express Katrina - ST</p>	<p>A 2 - 2:45pm Fall Prevention ♥ Meghan K - ST</p> <p>◇ 4:30 - 5:15pm TRX Intervals N Staci - WA</p> <p>5:15 - 5:45pm Weight Machine Circuit Meghan K—WF</p> <p>◇ 5:30 - 6:20pm Cycling Deena - ST</p> <p>6:30 - 7:25pm Zumba® Lindsey - ST</p> <p>◇ 9:15 - 10:15am Advanced TRX ∂ Amber - WA</p> <p>9:45 - 11:00am Cardio Strength Intervals Darcie - ST</p> <p>10:30 - 11:15am N Core and More Amber - WA</p> <p>10:30 - 11:20am Zumba® (Glutes & Abs) Heidi - 1/2 GY</p> <p>11:15 - 12:15pm N Yoga Flow Sarah G - ST</p> <p>N 12:25 - 1:05pm Yoga ♥ Sarah G - ST</p>	<p>N 5:15 - 6am Core and More Nichole - ST</p> <p>6:10 - 7am Cycling ◇ Kathy - ST</p> <p>7 - 7:45am Weight Machine Circuit Megan D - WF</p> <p>7:30 - 8:30am ♥ Gentle Yoga Jen - ST</p> <p>8:45 - 9:30am A Chair Yoga Jen - ST</p> <p>9:15 - 10:15am \$ Home School PE\$ Staff - 1/2 GY</p> <p>◇ 9:45 - 10:15am Advanced TRX ∂ Amber - WA</p> <p>9:45 - 11:00am Cardio Strength Intervals Darcie - ST</p> <p>10:30 - 11:15am N Core and More Amber - WA</p> <p>10:30 - 11:20am Zumba® (Glutes & Abs) Heidi - 1/2 GY</p> <p>11:15 - 12:15pm N Yoga Flow Sarah G - ST</p> <p>N 12:25 - 1:05pm Yoga ♥ Sarah G - ST</p>	<p>☺ 3:45 - 4:30pm \$ Karate I (Beg.) \$ Crystal - ST</p> <p>☺ 4:35 - 5:15pm \$ Karate II (Adv.) \$ Crystal - ST</p> <p>5:30 - 6:20pm STRONG by Zumba® Rachel - ST</p> <p>6:30 - 7:25pm ♥ Cardio Kickboxing Janet - ST</p> <p>7:30 - 8:25pm Yoga Flow Lea - ST</p> <p>7:30 - 8:25pm Zumba® Judy - 1/2 GY</p> <p>9:00 - 9:30am Core Conditioning Amber - ST</p> <p>9:45 - 10:45am ◇ Cycling Darcie - ST</p> <p>9:45 - 10:45am ∂ Athletic Conditioning Amber - 1/2 GY</p> <p>11 - 11:50am ♥ PILATES Amber - ST</p> <p>Noon - 12:45pm Line Dancing Amber - ST</p>	<p>2 - 2:45pm A Fall Prevention ♥ Meghan K - ST</p> <p>4:30 - 5:15pm N Line Dancing Amber - WA</p> <p>5:15 - 5:45pm Weight Machine Circuit Meghan K - WF</p> <p>N 5:30 - 6:20pm Family Cardio Dance ☺ Judy - ST</p> <p>5:30 - 6:20pm ◇ TRX Circuit Amber - WA</p> <p>6:30 - 7:20pm ◇ Cycling N Deena/Brajee - ST</p> <p>6:30 - 7:20pm Zumba® Lindsey- 1/2 GY</p> <p>7:30 - 8:25pm ♥ Yoga & Meditation Lea - ST</p>	<p>5:15 - 6am N Core and More Nichole - ST</p> <p>6:10 - 6:55am Cycling ◇ Megan D - ST</p> <p>7 - 7:45am Weight Machine Circuit Megan D - WF</p> <p>7:30 - 8:30am ♥ Gentle Yoga Mary Jo - ST</p> <p>8:45 - 9:30am A SilverSneakers Yoga® Mary Jo - ST</p> <p>9:15 - 10:15am \$ Home School PE\$ Staff - 1/2 GY</p> <p>9:15 - 10am ◇ TRX Circuit Megan D - WA</p> <p>10:15 - 11:15am ◇ TRX Intervals Amber - WA</p> <p>10:15 - 11am Zumba® Step Heidi - ST</p> <p>11:15 - 12:15pm N Yoga Flow Sarah G- ST</p> <p>N 12:25 - 1:05pm ♥ Yoga Sarah G- ST</p>	<p>☺ 3:45 - 4:30pm \$ Karate I (Beg.) \$ Crystal - ST</p> <p>☺ 4:35 - 5:15pm \$ Karate II (Adv.) \$ Crystal - ST</p> <p>5:30 - 6:20pm Body Conditioning Qulette - ST</p> <p>6:30 - 7:25pm Zumba® Rachel- 1/2 GY</p> <p>6:30 - 7:25pm ♥ Cardio Kickboxing Janet - ST</p> <p>7:30 - 8:30 pm L LIVESTRONG® Alumni L. Coach - ST</p>	<p>5:15 - 6am Body Conditioning w/ Cardio Megan D- ST</p> <p>7:30 - 8:30am ♥ AOA Conditioning A Mary Jo- ST</p> <p>8:45 - 9:30am A SilverSneakers Classic® Mary Jo, Katrina - GY</p> <p>9:30 - 10:20am ♥ Body Conditioning Mandi - ST</p> <p>◇ 10:30 - 11am Cycling Express Mandi - ST</p> <p>10:35 - 11:30am Zumba® Lindsey - 1/2 GY</p> <p>11:30 - 12:30pm ♥ Yoga & Meditation Lea - ST</p>	<p>N 4:45 - 5:15pm Family Yoga ☺ Squid - ST</p> <p>5:30 - 6:30pm N Yoga Squid - ST</p> <p>9 - 9:50am STRONG by Zumba® Rachel - 1/2 GY</p> <p>N 9:30 - 10:20am Athletic Conditioning ∂ Staff - WA</p> <p>☺ 9:45 - 10:30am N FIT 4 Kids Jessica - ST</p> <p>10 - 11am Zumba® Lindsey/Rachel - 1/2 GY</p> <p>\$ 12:30 - 1:30pm Fairy Tale Ballet ☺ Staff - ST</p>	<p>2:15 - 3:15pm Zumba® Judy - 1/2 Gy</p> <p>3:30 - 4:45pm ♥ Yoga & Meditation Squid- ST</p> <p>5 - 6pm \$ Self Defense Crystal - ST (Jan 20—Feb 10)</p>
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NOTES:

Evening classes are shaded in gray.	Schedule Updated: 1.9.19	**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.	FIT 4 Kids /Kids Yoga- For ages 5-12. Parents must remain in class with children 7yrs and under.	Please see a Wellness Coach for interest in Small Group Trainings.