



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE DROP-IN SCHEDULE FAUNTLEROY YMCA – DECEMBER 19 TO JANUARY 1

Revised December 16, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. - Advanced 5:45 – 6:30am Molly	Cycle - All Levels 6:00 – 6:45am Molly	Strength & Cond. - Advanced 5:45 – 6:30am Molly/Jacq		Cycle - All Levels 6:00 – 7:00am Lisa/Tara M.	
Yoga - All Levels 7:45 – 8:45am Jim/Ozias				Yoga - All Levels 7:45 – 8:45am Jim	
AOA Circuit 8:30 – 9:30am Tish	Mat Pilates 8:00 – 8:55am Antje	AOA Strength 8:30 – 9:30am Barb/Tish	Mat Pilates 8:00 – 8:55am Carrie	AOA Circuit 8:30 – 9:30am Janet	Cycle - All Levels 8:10 – 8:55am Paul
☺ AOA Chair Fitness 9:00 – 9:30am Jenny	☺ Mat Pilates 9:00 – 9:55am Antje	☺ AOA Chair Fitness 9:00 – 9:30am Jenny	☺ Mat Pilates 9:00 – 9:55am Carrie	☺ AOA Chair Fitness 9:00 – 9:30am Jenny	Tai Chi & Qi Gong 8:15 – 9:15am Greg
☺ Cardio Variety 9:30 – 10:00am Tish		☺ Yoga - All Levels 9:30 – 10:30am Jim		☺ Mat Pilates 9:35 – 10:30am Antje/Sarah J.	Above The Barre 8:15 – 9:15am Katherine/Adela
☺ Strength & Cond. 10:05 – 10:35am Tish	☺ Zumba® 10:00 – 10:45am Tish	☺ Cardio Salsa 9:30 – 10:00am Tish	☺ Zumba® 10:00 – 10:45am Maria		Yoga - Intermediate 9:30 – 10:30am Suchana
		☺ Above The Barre 10:05 – 10:50am Tish			
☺ Yoga - All Levels 5:45 – 6:45pm Jaki		☺ Yoga - All Levels 5:45 – 6:45pm Jaki			
☺ Cycle - All Levels 6:00 – 7:00pm Lisa/Helen	☺ Yoga - All Levels 6:00 – 7:00pm Lesley/Ozias	☺ Cycle - All Levels 6:00 – 7:00pm Lisa/Tara	Cycle - All Levels 6:00 – 7:00pm Helen/Tara		
PiYo® 6:45 – 7:45pm Kari	☺ Zumba® 6:30 – 7:30pm Renee		Above The Barre/ Strength & Cond. 7:00 – 7:50pm Katherine/Lieschan		

IMPORTANT NOTES:

Fauntleroy YMCA Facility Hours:
Monday to Friday, 5:30am – 8:00pm
Saturday, 8:00am – 5:00pm
Sunday, 1:00pm – 5:00pm

☺ Childcare available on a first come, first serve basis.

The Fauntleroy YMCA Kid's Corner Hours (Ages 4 months to 12 years) during West Seattle YMCA Facility Closure:

Monday to Friday: 9:00am – 12:00pm
Monday to Wednesday: 5:30pm – 7:30pm

The classes listed on this Fauntleroy YMCA group exercise schedule are free to facility members on a drop-in, first come first served basis. Non-members may pay the daily facility fee or use a guest pass to attend.

Yoga and Tai Chi classes at Fauntleroy are held in the Small Chapel.

Cycle classes at Fauntleroy are held in the Group Cycle room. [Pick up a class card at the front desk.](#) Please arrive 10 minutes prior to Group Cycle class time for set-up.

For more information about our programs, visit westseattleyymca.org.

YMCA of Greater Seattle Phone App: Get all the up-to-date info on who is teaching your favorite class with our mobile app on your smart phone available for iPhone and Droid.