



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP EXERCISE DROP-IN SCHEDULE FAUNTLEROY YMCA – JANUARY 2 TO JANUARY 8

Revised December 29, 2016

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Strength & Cond. - Advanced 5:45 – 6:30am Molly	Yoga - All Levels 5:45 – 6:45am Tami	Strength & Cond. - Advanced 5:45 – 6:30am Molly	Yoga - All Levels 5:45 – 6:45am Tami	Cycle - All Levels 6:00 – 7:00am Lisa	
Yoga - All Levels 7:45 – 8:45am Ozias	Cycle - All Levels 6:00 – 6:45am Molly			Yoga - All Levels 7:45 – 8:45am Jim	
Cycle - All Levels 8:00 – 8:45am Helen	Mat Pilates 8:00 – 8:55am Antje	AOA Strength 8:30 – 9:30am Barb	Mat Pilates 8:00 – 8:55am Carrie	AOA Circuit 8:30 – 9:30am Janet	Cycle - All Levels 8:10 – 8:55am Helen
AOA Circuit 8:30 – 9:30am Tish	Cycle - All Levels 8:15 – 9:00am Lori	☺ AOA Chair Fitness 9:00 – 9:30am Jenny			
☺ AOA Chair Fitness 9:00 – 9:30am Jenny	☺ Mat Pilates 9:00 – 9:55am Antje	Run/Walk Group 9:15 – 10:15am Eli	☺ Mat Pilates 9:00 – 9:55am Carrie	☺ AOA Chair Fitness 9:00 – 9:30am Jenny	Tai Chi & Qi Gong 8:15 – 9:15am Greg
☺ Cycle - All Levels 9:15 – 10:15am Eli	☺ Cycle - All Levels 9:15 – 10:00am Celesta	☺ Yoga - All Levels 9:30 – 10:30am Caitlyn	☺ Cycle - All Levels 9:15 – 10:00am Celesta	☺ Mat Pilates 9:35 – 10:30am Sarah J.	Above The Barre 8:15 – 9:15am Adela
☺ Cardio Variety 9:30 – 10:00am Tish	☺ Zumba® 10:00 – 10:45am Tish	☺ Cardio Salsa 9:30 – 10:00am Tish	☺ Yoga - All Levels 9:30 – 10:25am Sarah		Yoga - Intermediate 9:30 – 10:30am Suchana
☺ Strength & Cond. 10:05 – 10:35am Tish		☺ Cycle - All Levels 9:30 – 10:30am Paul	☺ Zumba® 10:00 – 10:45am Maria		
☺ Yoga - All Levels 5:45 – 6:45pm Jaki	Cycle - All Levels 5:15 – 6:15pm Eli	☺ Above The Barre 10:05 – 10:50am Tish			
☺ Cycle - All Levels 6:00 – 7:00pm Lisa	☺ Yoga - All Levels 6:00 – 7:00pm Ozias	☺ Yoga - All Levels 5:45 – 6:45pm Jaki	Cycle - All Levels 6:00 – 7:00pm Tara		
PiYo® 6:45 – 7:45pm Kari	☺ Zumba® 6:30 – 7:30pm Renee	☺ Cycle - All Levels 6:00 – 7:00pm Lisa	Above The Barre 7:00 – 7:50pm Katherine		

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.

Run/Walk Group meets in the lobby.

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.