



## Ken Shannon Northwest YMCA | June 1st - June 7th

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
<b>Muscle Pump</b> Studio C	5:00AM-5:45AM (Group Fitness) <i>Jennifer W.</i>  9:30AM-10:30AM (Group Fitness) <i>Jeannie S.</i>  6:30PM-7:30PM (Group Fitness) <i>Heidi R.</i>		8:30AM-9:30AM (Group Fitness) <i>Jeannie S.</i>  5:30PM-6:30PM (Group Fitness) <i>Dawn B.</i>		8:00AM-9:00AM (Group Fitness) <i>Sandra B.</i>	8:00AM-9:00AM (Group Fitness) <i>Jeannie S.</i>	
<b>Powerkick</b> Studio F	5:00AM-5:45AM (Group Fitness) <i>Tiffany F.</i>  6:00PM-6:45PM (Group Fitness) <i>Mary A.</i>				9:30AM-10:15AM (Group Fitness) <i>Cam E.</i>		
<b>Step</b> Studio C	6:00AM-6:45AM (Group Fitness) <i>Amanda M.</i>  9:00AM-9:30AM (Group Fitness) <i>Heidi R.</i>	7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i>	8:00AM-8:30AM (Group Fitness) <i>Jeannie S.</i>	5:00AM-6:00AM (Group Fitness) <i>Amanda M.</i>  7:45AM-8:30AM (Group Fitness) <i>Tiffany F.</i>			
<b>Boomer Water Works</b> Family Pool	8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>				8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>		
<b>Beginner Yoga</b> Studio F	8:30AM-9:30AM (Group Fitness) <i>Karen P.</i>  6:45PM-7:45PM (Group Fitness) <i>Hideki F.</i>	11:00AM-12:00PM (Group Fitness) <i>Maria S.</i>	9:30AM-10:30AM (Group Fitness) <i>Maria S.</i>  11:30AM-12:30PM (Group Fitness) <i>Karen P.</i>		8:30AM-9:30AM (Group Fitness) <i>Maria S.</i>		12:00PM-1:00PM (Group Fitness) <i>Linda A.</i>
<b>Body Blitz</b> Studio C	8:30AM-9:00AM (Group Fitness) <i>Heidi R.</i>	5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>			7:00AM-8:00AM (Group Fitness) <i>Dawn B.</i>		

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<b>Cycle BEATS</b> Cycle	8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>	6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>		5:30AM-6:30AM (Group Fitness) <i>Lyndsey G.</i>  7:30AM-8:15AM (Group Fitness) <i>Meg M.</i>  6:00PM-6:45PM (Group Fitness) <i>Angie R.</i>			
<b>HIIT 45</b> Tumble	9:00AM-9:45AM (Group Fitness) <i>Sherry H.</i>						
<b>Pilates</b> Studio A	9:30AM-10:30AM (Group Fitness) <i>Karen P.</i>						
<b>Zumba® Fitness</b> Studio F	9:30AM-10:30AM (Group Fitness) <i>Jessy R.</i>						
<b>Water Works</b> Outdoor Pool	10:00AM-11:00AM (Group Fitness) <i>Jandee N.</i>		7:00PM-8:00PM (Group Fitness) <i>Jandee N.</i>				
<b>Walk &amp; Talk</b> Lazy River	10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		10:00AM-10:30AM (Group Fitness) <i>Jandee N.</i>		
<b>SilverSneakers®</b> <b>Circuit</b> Studio C	10:30AM-11:30AM (Group Fitness) <i>Sherry H.</i>						
<b>Boomer Cardio</b> <b>Dance</b> Studio F	10:30AM-11:15AM (Group Fitness) <i>Tiffany P.</i>				10:30AM-11:15AM (Group Fitness) <i>Tiffany P.</i>		
<b>Water Walk</b> Lazy River	11:00AM-11:30AM (Group Fitness) <i>Jandee N.</i>  8:00PM-8:30PM (Group Fitness) <i>Janese R.</i>	11:00AM-11:30AM (Group Fitness) <i>Jeannie S.</i>	11:00AM-11:30AM (Group Fitness) <i>Janese R.</i>  8:00PM-8:30PM (Group Fitness) <i>Jandee N.</i>	8:00PM-8:30PM (Group Fitness) <i>Angie R.</i>	11:00AM-11:30AM (Group Fitness) <i>Janese R.</i>  8:00PM-8:30PM (Group Fitness) <i>Molly D.</i>	11:00AM-11:30AM (Group Fitness) <i>Jeannie S.</i>	
<b>Silver</b> <b>Sneakers®</b> <b>Stability</b> Studio C	11:30AM-12:00PM (Group Fitness) <i>Sherry H.</i>	11:30AM-12:00PM (Group Fitness) <i>Gayla L.</i>		11:30AM-12:00PM (Group Fitness) <i>Gayla L.</i>			
<b>Boomer Water</b> <b>Walk</b> Lazy River	11:30AM-12:00PM (Group Fitness) <i>Janice S.</i>		11:30AM-12:00PM (Group Fitness) <i>Janice S.</i>		11:30AM-12:00PM (Group Fitness) <i>Rhonda S.</i>		

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<b>Arthritis Water Exercise</b> Family Pool	12:00PM-12:45PM (Group Fitness) <i>Janice S.</i>		12:00PM-12:45PM (Group Fitness) <i>Janice S.</i>		10:45AM-11:30AM (Group Fitness) <i>Rhonda S.</i>		
<b>Zumba® Fitness</b> Studio C	5:30PM-6:30PM (Group Fitness) <i>Rose J.</i>		6:30PM-7:30PM (Group Fitness) <i>Virginia P.</i>	6:00AM-7:00AM (Group Fitness) <i>Jandee N.</i>	9:30AM-10:30AM (Group Fitness) <i>Jandee N.</i>  6:00PM-7:00PM (Group Fitness) <i>Virginia P.</i>	10:00AM-11:00AM (Group Fitness) <i>Santalena C.</i>	
<b>Hydrobox</b> Outdoor Pool	7:00PM-8:00PM (Group Fitness) <i>Janese R.</i>		10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>				
<b>Cycle FUSION with CORE</b> Cycle		5:30AM-6:30AM (Group Fitness) <i>Andrea W.</i>					
<b>Walk &amp; Talk Club</b> Northwest Outdoor Sports Complex Sidewalk		7:30AM-8:30AM (Group Fitness) <i>Jandee N.</i>		7:30AM-8:30AM (Group Fitness) <i>Jandee N.</i>			
<b>Gentle Yoga</b> Studio F		8:00AM-9:00AM (Group Fitness) <i>Karen P.</i>		8:45AM-9:30AM (Group Fitness) <i>Stephanie M.</i>			
<b>Bootcamp</b> Northwest Outdoor Sports Complex		8:00AM-9:00AM (Group Fitness) <i>Jessica D.</i>					
<b>Body Design</b> Studio C		8:45AM-9:45AM (Group Fitness) <i>Heidi R.</i>  7:00PM-7:45PM (Group Fitness) <i>Sandra B.</i>		8:45AM-9:45AM (Group Fitness) <i>Sandra B.</i>			
<b>Deep Water</b> Lap Pool		9:00AM-9:45AM (Group Fitness) <i>Judi W.</i>					
<b>LIFT 30-UPPER</b> Studio C		9:45AM-10:15AM (Group Fitness) <i>Heidi R.</i>					
<b>Water Tabata</b> Outdoor Pool		10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>		7:00PM-8:00PM (Group Fitness) <i>Angie R.</i>	10:00AM-11:00AM (Group Fitness) <i>Janese R.</i>  7:00PM-8:00PM (Group Fitness) <i>Molly D.</i>	10:00AM-11:00AM (Group Fitness) <i>Jeannie S.</i>	

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<b>SilverSneakers® Classic</b> Studio C		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>		10:30AM-11:30AM (Group Fitness) <i>Royce W.</i>			
<b>Flow Fusion</b> Studio F		6:00PM-6:45PM (Group Fitness) <i>Hideki F.</i>					1:00PM-2:00PM (Group Fitness) <i>Hideki F.</i>
<b>Y Box</b> Studio C		6:00PM-7:00PM (Group Fitness) <i>Sandra B.</i>					
<b>Aqua Zumba®</b> Outdoor Pool		7:00PM-8:00PM (Group Fitness) <i>Hideki F.</i>					
<b>Family Water Walk</b> Lazy River		7:00PM-7:45PM (Group Fitness) <i>Janice S.</i>					
<b>Pilates</b> Studio F		7:00PM-8:00PM (Group Fitness) <i>Lee A.</i>	10:30AM-11:30AM (Group Fitness) <i>Karen P.</i>				
<b>Sunset Yoga</b> Outdoor Pool Deck		8:15PM-9:00PM (Group Fitness) <i>Hideki F.</i>					
<b>Cycle FORCE</b> Cycle			5:00AM-6:00AM (Group Fitness) <i>Christal P.</i>  8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>			8:00AM-9:00AM (Group Fitness) <i>Janice S.</i>	
<b>Boomer Water Tabata</b> Family Pool			8:00AM-8:45AM (Group Fitness) <i>Judi W.</i>				
<b>Boomer Body Blitz</b> Studio F			9:00AM-9:30AM (Group Fitness) <i>Marie W.</i>				
<b>Pop Up-Lap Shred Water Walk</b> Lazy River			9:00AM-10:00AM (Group Fitness) <i>Janese R.</i>				
<b>Boomer Cardio Dance</b> Studio C			9:30AM-10:15AM (Group Fitness) <i>Marie W.</i>				
<b>Flow Fusion</b> Studio D			9:30AM-10:30AM (Group Fitness) <i>Sandra B.</i>				
<b>Cardio Dance</b> Studio C			10:30AM-11:30AM (Group Fitness) <i>Tiffany P.</i>				

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<b>CORE</b> Studio C			5:15PM-5:30PM (Group Fitness) <i>Dawn B.</i>				
<b>Yoga</b> Studio F			6:30PM-7:30PM (Group Fitness) <i>Andrea J.</i>	11:00AM-12:00PM (Group Fitness) <i>Maria S.</i>  6:30PM-7:30PM (Group Fitness) <i>Fred P.</i>		9:15AM-10:15AM (Group Fitness) <i>Janice S.</i>	2:00PM-3:00PM (Group Fitness) <i>Liz C.</i>
<b>VIRTUAL-CORE</b> Studio F			8:00PM-8:45PM (Group Fitness) <i>YMCA360 V.</i>		5:00PM-5:45PM (Group Fitness) <i>YMCA360 V.</i>		
<b>LIFT 30-LOWER</b> Studio C				9:45AM-10:15AM (Group Fitness) <i>Sandra B.</i>			
<b>Hydro HIIT</b> Outdoor Pool				10:00AM-11:00AM (Group Fitness) <i>Shelby C.</i>			
<b>CORE</b> Studio F				10:15AM-10:45AM (Group Fitness) <i>Sandra B.</i>			
<b>Stride &amp; Slide</b> Lazy River				11:00AM-11:30AM (Group Fitness) <i>Shelby C.</i>			
<b>Powerkick</b> Studio C				6:00PM-6:45PM (Group Fitness) <i>Mary A.</i>		9:00AM-10:00AM (Group Fitness) <i>Janefer S.</i>	
<b>Cycle FUSION with Strength</b> Cycle					5:00AM-6:00AM (Group Fitness) <i>Andrea W.</i>  8:45AM-9:30AM (Group Fitness) <i>Tabitha G.</i>		
<b>Beginner Step</b> Studio C					9:00AM-9:30AM (Group Fitness) <i>Jandee N.</i>		
<b>Chair Yoga</b> Studio C					10:30AM-11:30AM (Group Fitness) <i>Kimberly C.</i>		
<b>VIRTUAL-Pilates</b> Studio F					12:00PM-1:00PM (Group Fitness) <i>YMCA360 V.</i>		
<b>HIIT 60</b> Studio F						8:00AM-9:00AM (Group Fitness) <i>Linda A.</i>	

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<b>Pop Up-Y Box</b> Studio C						11:00AM-12:00PM (Group Fitness) <i>Janese R.</i>	