



FOR YOUTH DEVELOPMENT®
 FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

SKAGIT VALLEY FAMILY YMCA February 10-16, 2019 at Fulton Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	Total Body Training	Cardio, Strength, Flexibility		Cardio, Strength, Flexibility	Total Body Training	
Gym	Greta	Liz		Liz	Greta	
8:00AM		Tai Chi		Tai Chi		
Cottage		Aurlia		Aulia		
8:00AM	Stride, Strength, Strech		Stride, Strength, Strech		Stride, Strength, Strech	
Gym	Liz		Liz		Lois	
10:00AM	Yoga		Yoga		Yoga	
Cottage	Amy C		Amy C		Amy C	
11:00AM	Tai Chi					
Cottage	Margo					
5:30PM	Yoga	Barre				
Cottage	Ada	Becky				
5:30PM		Strength Conditioning		Strength Conditioning		
Gym		Kim		Kim		
6:00PM				Zumba		
Gym				Jenn		

Classes are subject to change do to weather - All Classes are body weight only - Please bring your own mat