



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

GROUP FITNESS SCHEDULE

SKAGIT VALLEY FAMILY YMCA March 3–March 9, 2019 at Fulton Street

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	Total Body Training	Cardio, Strength, Flexibility	Total Body Training	Cardio, Strength, Flexibility	Total Body Training	
Gym	Greta	Liz	Amy H	Liz	Greta	
6:00AM	Sunrise Yoga		Sunrise Yoga		Sunrise Yoga	
Cottage	John		John		John	
7:30AM						Cardio, Strength, Flexibility
Gym						Liz
8:00AM		Tai Chi		Tai Chi		
Cottage		Aurlia		Aurlia		
8:00AM	Stride, Strength, Stretch		Stride, Strength, Stretch		Stride, Strength, Stretch	
Gym	Liz		Liz		Liz	
9:00AM		Core and Strength	Zumba	Core and Strength		Zumba
Gym		Kim	Shar	Kim		Shar
9:00AM			Step			Pilates/Yoga Fusion
Cottage			Mike			Charlotte
10:00AM	Prime Time	AOA Classic	Prime Time	AOA Classic	Prime Time	
Gym	Lois	Lois	Lois	Lois	Lois	
10:00AM	Gentle Yoga	Yoga	Gentle Yoga	Yoga	Gentle Yoga	
Cottage	Amy C	Amy C	Amy C	Amy C	Amy C	
11:00AM	Tai Chi					
Cottage	Margo					
11:00AM	Fit4Life	Fit4Life Cardio	Fit4Life	Fit4Life Cardio		
Gym	Mary	Mary	Mary	Mary		
Noon		Functional Strength & Flexibility		Functional Strength & Flexibility		
Gym		Mary		Mary		
1:00				Zumba Gold		
Gym				Patty U		
4:15PM	Pilates		Pilates			
Cottage	Liz		Amy H			
5:30PM	Sunset Yoga	Barre	Sunset Yoga			
Cottage	Ada	Becky	Ada			
5:30PM		Strength Conditioning		Strength Conditioning		
Gym		Kim		Kim		
5:30PM		Cycle				
Cardio Room		Greta				

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