

# YWCA January 2019 Class Schedule

\*See Monthly Calendar and weekly emails for updates

\*20% off annual promo  
\*Unlock Your Fitness One Month promo  
\*Available through 1/31!

MONDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>MONDAY</b>	6AM	* Spin (Shawn) 6-6:45am			
	8AM	*Spin (Shawn) 8-8:45am	Deep Water Work (Debbie) 8-8:50am		
	9AM	Child Care 9am-12pm	Aqua Tai Chi - Shallow (Drew) 9-9:45am	Move & Groove (Shawn) 9-9:45am	
	10AM		Aqua Power - Shallow (Drew) 10 - 10:50am	Cardio Strength (Drew) 12pm - 12:45pm	Pilates Fusion (Julianna) 10 - 10:55am
	3PM				
	5PM	Child Care 5pm-7:00pm	Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details		
	6PM		*Spin (Tony) 5:25-6:10pm	*HIIT (Drew) 6:00-6:55pm	*Vinyasa Yoga II/III (Leah) 6-6:55pm
	7PM				

TUESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>TUESDAY</b>	6AM			HIIT (Alex) 6am - 6:30am HIIT (Alex) 6:30am - 7am	
	8AM		Deep Water Work (Debbie) 8-8:50am		
	9AM	Child Care 9am-12pm	Aqua Arthritis Energizer (Cynthia) 9:10am-10am		
	10AM		*Spin (Julianna) 10am - 10:30am	Industrial Strength: Tai Chi Basics with Mike Gentile (\$) *BEGINS 1/8/19	*Align & Refine Yoga I/II (Debi) 10:30-11:45am
	11AM				
	12PM			Tabata (Jody) 12-12:45pm	
	3PM		Swim Lessons Adults & Children 3:30-5:50pm Visit the website for details		
	5PM	Child Care 5pm-7:00pm	*Spin (Shawn) 5:25-6:10pm	Aqua Tabata (Julianna) 5pm - 5:30pm	
6PM			LIIT (Low Impact Interval Training) (Shawn) 6:15 - 7pm	*Yoga I (Hampton) 6-6:55pm	
7PM			Pop-Up: Deep Water (Donna) Tues, 1/15: 5:30pm - 6:25pm & 6:30pm - 7:25pm		

\* Requires a class pass. Get yours at the front desk

<sup>1</sup>High Intensity Interval Training

<sup>2</sup> See weekly update to confirm pop up.

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WEDNESDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio	
<b>WEDNESDAY</b>	6AM	<b>Spin (Shawn) 6am - 6:30am</b>			<b>Quick Stretch &amp; Abs (Shawn) 6:35am - 6:50am</b>	
	8AM		<b>Deep Water Work (Debbie) 8-8:50am</b>			
	9AM		<b>Deep Water Work (Debbie) 9-9:50am</b>	<b>Move &amp; Groove (Drew) 9-9:45am</b>		
	10AM	<b>Child Care 9am-12pm</b>	<b>Aqua Power - Deep (Shelley) 10-10:50am</b>		<b>Pilates Fusion (Anne) 10-10:55am</b>	
	12PM			<b>Tabata (Julianna) 12-12:45pm</b>		
	3PM					
	5PM		<b>Swim Lessons Adults &amp; Children 3:30-5:50pm Visit the website for details</b>			
	6PM	<b>Child Care 5pm-7:00pm</b>	<b>*Spin (Tamara) 6:15pm - 7pm</b>	<b>Aqua Boxing - Shallow (Drew) 5:30-6:15pm</b>	<b>*HIIT (Jody) 6pm - 6:55pm</b>	<b>*Vinyasa Yoga II/III (Yael) 6-6:55pm</b>
	7PM		<b>Aqua Cardio- Shallow &amp; Deep (Shelley) 6:15- 7pm</b>			

THURSDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
<b>THURSDAY</b>	8AM		<b>Deep Water Work (Debbie) 8-8:50am</b>		
	9AM		<b>Aqua Yoga - Shallow (Leslie) 9:15 - 10:15am</b>		
	10AM	<b>Child Care 9am-12pm</b>			<b>Yoga I/II (Leslie) 10:30-11:25</b>
	11AM				
	12PM	<b>*Spin (Grace) 12-12:30pm</b>			<b>*Quick Tone &amp; Stretch(Grace) 12:35pm-12:50pm</b>
	3PM				
	4PM		<b>Swim Lessons - Adults &amp; Children 3:30-5:50pm Visit the website for details</b>		
	5PM				
	6PM	<b>Child Care 5pm-7:00pm</b>	<b>*Spin (Jody) 5:25-6:10pm</b>		<b>*HIIT (Jody) 6:15pm - 6:45pm</b>
7PM					

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FRIDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
FRIDAY	8AM				
	9AM		Shallow Water Work (Shelley) 9:10-9:50am	Move & Groove (Yael) 9-9:45am	
	10AM		Aqua Power - Shallow & Deep (Shelley) 10-10:50am	*HIIT (Yael) 10 - 10:30am	Pilates (Kay) 10-10:55am
	11AM	*Spin (Julianna) 11-11:30am		Quick Abs (Yael) 10:35 - 10:50am	
	Child Care 9am-12pm				

SATURDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SATURDAY	8AM				
	9AM	*Spin (Tamara) 9:15am - 10am	Aqua Boxing - Shallow (Drew) 9-9:50am		
	10AM		Swim Lessons Adults & Children 9am-12pm Visit the website for details	Cardio Strength (Drew) 10:30am - 11:15am	Yoga I: Exploring the Details (Hampton) 10-11:20am
	11AM				
	Child Care 9am - 12pm				

SUNDAY		Spin Room	Pool	Multi-Purpose (MP)	Studio
SUNDAY	4PM				Pop-Up: Deep Stretch (Jane) 3:45pm - 4:45pm
	No Child Care				

updated 12/31/18

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