



# Fitness Class Schedule

Dec. 1-Dec. 16 2017

Ashland Family YMCA  
 540 YMCA Way 541-482-9622  
 Current fitness class schedules are available  
 on our website at [www.ashlandymca.org](http://www.ashlandymca.org)

	Mon	Tue	Wed	Thu	Fri	Sat
6:00a 7:00a 8:00a 9:00a	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 7:00am Spin 9:00am Circuit Express	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 7:00am Spin 9:00am am Circuit Express	8:00am Low Impact Aerobics 9:00am Yoga <i>All Levels</i>	8:00am TRX Registration required 9:00am Yoga 9:00a Yoga Level II Sundays
9:15a 9:30a 10:00a 10:15a	9:15am Keeping Fit 9:30am Spin 9:30am Pilates	9:00am Zumba 9:30am Spin 9:30am Tai Chi 10:00am Circuit Plus	9:15am Keeping Fit 9:30am Spin 9:30am Pilates/Yoga Blend	9:00am Zumba 9:30am Spin 9:30am Gentle Yoga 10:00am Circuit Plus	9:15am Keeping Fit 9:30am Spin	9:00a Spin Sundays 9:00am Spin 9:15am Step
10:45a 12:15p 1:00p 1:30p 2:30p	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Yoga 1:00pm Senior Circuit	12:15pm Yoga 12:15pm Spin 1:30pm Gentle Yoga	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Yoga 1:00pm Senior Circuit	12:15pm Pilates 12:15pm Spin 2:30pm Tai Chi	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Pilates 1:00pm Senior Circuit	10:15am Zumba 10:30am Yoga <i>All Levels</i>
4:15p 4:30p 5:30p		4:15pm Step 4:30pm Pilates/Yoga Blend 5:30pm Zumba	4:30pm Beginning Hoop Dance	4:30pm Pilates/Yoga Blend 5:30pm Zumba		3:30p Hoop Dance Sundays
5:45p 6:00p 6:15p 7:00p	5:45-6:30p TRX <i>Registration required</i> 6:00pm Yoga 6:15pm Spin	5:45pm Power Flow Yoga	5:45-6:30p TRX <i>Registration required</i> 5:45pm Yoga 6:15pm Spin 7:00pm Buti Yoga	5:45pm Gentle Yin Yoga		

# Classes and Instructors

**Classes and instructors are subject to change.** Instructors sometimes have substitute instructors, and we **cannot guarantee** the instructor on the list is the one teaching the class.

## Class Locations:

**Fitness Studio #1:** TRX, Low Impact Aerobics, Keeping Fit, Zumba, Step, Women w/ Weights, Fencing, and Total Body Blast

**Fitness Studio #2:** Karate, Zumba, Buti Yoga

**Wellness Studio:** Yoga, Gentle Yoga, Pilates, Pilates / Yoga Blend, Tai Chi classes, Hula Hooping

**Spin Studio:** All Spin classes

**Circuit Area:** Senior Circuit, Circuit Plus, Circuit Express

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Revised 12/01/2017

## AM Fitness Schedule

Classes are on a first-come availability and are subject to change.

<b>6:00-6:45a</b>	<b>T TH</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
<b>7:00-7:45a</b>	<b>T TH</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
7:00-8:00a	T TH	Spin	Bill
8:00-9:00a	M W F	Low Impact Aerobics	Mary B.
<b>8:00-8:45a</b>	<b>Sat</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
9:00-9:45a	T TH	Circuit Express	Gina (Nige)
9:00-10:00a	Sat	Spin	Varies
9:00-10:00a	Sun	Spin	Raychel/Amy
9:00-10:15a	F	Yoga All Levels	Cynde
9:00-10:15a	Sat	Yoga	Sheryl
9:00-10:15a	Sun	Yoga Level II	Krista
9:30-10:30a	M	Pilates	Shasta
9:30-10:30a	W	Yoga/Pilates Blend	Lin
9:15-10:00a	Sat	Step	Andrea/Cynthia
9:15-10:00a	M W F	Keeping Fit	Mary B.
9:00-10:00a	T TH	Zumba	Sumara
9:30-10:30a	M W F	Spin	Jean
9:30-10:30a	T	Spin	Jim
9:30-10:15a	TH	Spin	Louisa
9:30-10:30a	T	Tai Chi	Pat
9:30-10:30a	TH	Gentle Yoga	Jaime
10:00-11:00a	T TH	Circuit Plus	Gina (Nige)
10:15-11:15a	Sat	Zumba	Annette
10:30-11:30a	Sat	Yoga All Levels	Faye
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Lin (W) Liisa/Tatiana(F)

## PM Fitness Schedule

Classes are on a first-come availability and are subject to change.

12:00-1:00p	M W F	Total Body Blast	Cole
12:15-1:00p	T TH	Spin	Amy
12:15-1:15p	M-W	Yoga	Judd (M) Paige/Linda Grace(T) Sheryl (W)
12:15-1:15p	TH	Pilates	Shasta
12:15-1:15p	F	Pilates	Judd
1:00-1:45p	M W F	Senior Circuit	Laurie (M W) Gina (F)
1:30-2:30p	T	Gentle Yoga	Paige/Linda Grace
2:30-3:30p	TH	Tai Chi	Shelly
3:30-5:00p	Sun	Hoop Dance	Fern
4:15-5:00p	T	Step	Lin
4:30-5:30p	T TH	Pilates / Yoga Blend	Jessica
4:30-5:30p	W	Beginning Hoop Dance	Fern
5:30-6:30p	M T TH	Zumba	Cynthia (M) Annette (T) Kari (TH)
<b>5:45-6:30p</b>	<b>M W</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
5:45-6:45p	T	Power Flow Yoga	Jacob
5:45-6:45p	W	Yoga	Jaime
5:45-6:45p	TH	Gentle Yin Yoga	Cynde
6:00-7:15p	M	Yoga	Cynde
6:15-7:15p	M W	Spin	Raychel
7:00-8:00pm	W	Buti Yoga	Molly