



Effective 11/2018

Fitness Class Schedule

Ashland Family YMCA
 540 YMCA Way 541-482-9622
 Current fitness class schedules are
 available on our website at
www.ashlandymca.org

	Mon	Tue	Wed	Thu	Fri	Sat
6:00a		6:00am TRX 7:00am TRX Registration required both		6:00am TRX 7:00am TRX Registration required both		
7:00a		7:00am Spin		7:00am Spin		
8:00a	8:00am Low Impact Aerobics		8:00am Low Impact Aerobics		8:00am Low Impact Aerobics	8:00am TRX Registration required
9:00a	9:15am Keeping Fit	9:00am Circuit Express 9:00am Zumba 9:30am Spin	9:15am Keeping Fit	9:00am am Circuit Express 9:00am Zumba	9:00am Yoga <i>All Levels</i>	9:00am Yoga 9:00am Spin
9:30a	9:30am Spin 9:30am Pilates	9:30am Tai Chi 10:00am Circuit Plus 10:30am Step	9:30am Spin 9:30am Pilates/Yoga Blend	9:30am Spin 9:30am Gentle Yoga 10:00am Circuit Plus	9:15am Keeping Fit 9:30am Spin	9:15am Step 10:15am Zumba
10:00a						
10:45a	10:45am Women w/ Weights 12:00pm Total Body Blast	11:00am BellyFit Registration required	10:45am Women w/ Weights 12:00pm Total Body Blast	11:00am BellyFit Registration required	10:45am Women w/ Weights 12:00pm Total Body Blast	10:30am Yoga <i>All Levels</i>
12:15p	12:15pm Yoga 12:00pm Senior Circuit	12:15pm Yoga 12:15pm Spin	12:15pm Yoga 12:00pm Senior Circuit	12:15pm Pilates 12:15pm Spin	12:15pm Pilates 1:00pm Senior Circuit	
1:00p	1:00pm Senior Circuit		1:00pm Senior Circuit			
1:30p	1:30pm Fall Prevention Using Tai Chi	1:30pm Gentle Yoga		2:30pm Tai Chi		
2:30p		4:30pm Curly's Land Class Registration required		4:30pm Curly's Land Class Registration required		
4:30p		4:30pm Pilates/Yoga Blend 5:30pm Zumba		4:30pm Pilates/Yoga Blend 5:30pm Zumba		
5:45p	5:45-6:30p TRX Registration required	5:45pm Yoga All Levels	5:45-6:30p TRX Registration required	5:45pm Gentle Yin Yoga		
6:00p	6:00pm Yoga		5:45pm Yoga			
6:15p	6:15pm Spin		6:15pm Spin			
7:00p	7:15pm Adult Dance Registration required					

SUNDAY

9:00a Spin

9:00a Yoga Level II

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, Adult Dance

Fitness Studio #2: Karate, Zumba

Wellness Studio: Yoga, Gentle Yoga, Pilates, Pilates / Yoga Blend, Tai Chi classes, World Blend, BellyFit

Spin Studio: All Spin classes

Circuit Area: Senior Circuit, Circuit Plus, Circuit Express

AM Fitness Schedule

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

6:00-6:45a	T TH	TRX	Nige
		Registration required	
7:00-7:45a	T TH	TRX	Nige
		Registration required	
7:00-8:00a	T TH	Spin	Bill/John
8:00-9:00a	M W F	Low Impact Aerobics	Mary B.
8:00-8:45a	Sat	TRX	Nige
		Registration required	
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 <i>All Levels</i>	Varies
10:30-11:15a	T	Step	Lin
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Lin (W) Liisa/Tatiana(F)
11:00-12:00p	T TH	BellyFit	Sophia
		Registration required	

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	Brandon (M F) Jane (W)
12:00-12:45p	M W	Senior Circuit	Jane (M) Laurie (W)
12:15-1:15p	M-W	Yoga	Judd (M) Paige/Linda Grace(T) Sheryl (W)
12:15-1:00p	T TH	Spin	Amy
12:15-1:15p	TH	Pilates	Shasta
12:15-1:15p	F	Pilates	Jessica
1:00-1:45p	M W F	Senior Circuit	Laurie (M W) Jane (F)
1:30-2:30p	M	Fall Prevention Using Tai Chi	Judd
1:30-2:30p	T	Gentle Yoga	Paige/Linda Grace
2:30-3:30p	TH	Tai Chi	Shelly
4:30-5:30p	T TH	Pilates / Yoga Blend	Jessica
4:30-5:30p	T TH	Curly's Land Class	Curly
		Registration required	
5:30-6:30p	T TH	Zumba	Cerri(T) Cynthia(TH)
5:45-6:30p	M W	TRX	Nige
		Registration required	
5:45-6:45p	T	Yoga All Levels	Marie
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	W	Spin	Raychel/Linda
7:15-8:15p	M	Adult Dance	Dave
		Registration required	