



## EASTSIDE FAMILY YMCA | August 1st - August 7th

|                                 | Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Saturday  | Sunday  |
|---------------------------------|---|--|--|--|--|---|---|
| <b>ACTIVE YOGA</b><br>Mindbody  | 9:00AM-10:00AM<br>(Mind/Body)<br><i>Susan A.</i><br><br>5:30PM-6:30PM<br>(Mind/Body)<br><i>Kim S.</i> |  | 5:45AM-6:45AM<br>(Mind/Body)<br><i>Joan N.</i><br><br>9:00AM-10:00AM<br>(Mind/Body)<br><i>Joan N.</i><br><br>5:30PM-6:30PM<br>(Mind/Body)<br><i>Kim S.</i> |  |  |   | 10:30AM-11:30AM<br>(Mind/Body)<br><i>Eva K.</i> |
| <b>BODYBALANCE™</b><br>Mindbody | 10:15AM-11:15AM<br>(Mind/Body)<br><i>Danielle O.</i>  |  |  |  |  | 8:45AM-9:45AM<br>(Mind/Body)<br><i>Brenda K.</i>  |   |
| <b>PILATES</b><br>Mindbody      |   | 9:30AM-10:15AM<br>(Mind/Body)<br><i>Laurie K.</i>  |  | 9:30AM-10:15AM<br>(Mind/Body)<br><i>Laurie K.</i>  |  |   |   |
| <b>GENTLE YOGA</b><br>Mindbody  |   | 11:00AM-12:00PM<br>(Mind/Body)<br><i>Susan A.</i>  |  | 11:00AM-12:00PM<br>(Mind/Body)<br><i>Joan N.</i><br><br>5:30PM-6:30PM<br>(Mind/Body)<br><i>Lauren B.</i> | 9:00AM-10:00AM<br>(Mind/Body)<br><i>Eva K.</i> |   |   |
| <b>BODYBALANCE™</b><br>Studio   |   | 5:50PM-6:20PM<br>(Mind/Body)<br><i>Danielle O.</i> |  |  |  |   |   |
| <b>TAI CHI</b><br>Mindbody      |   |  | 6:45PM-7:45PM<br>(Mind/Body)<br><i>Kelly N.</i>  |  |  |   |   |
| <b>POWER YOGA</b><br>Mindbody   |   |  |  |  | 4:30PM-5:30PM<br>(Mind/Body)<br><i>Eva K.</i>  |   | 9:15AM-10:15AM<br>(Mind/Body)<br><i>Eva K.</i>  |
| <b>TAI CHI</b><br>Studio        |   |  |  |  |  | 11:30AM-12:30PM<br>(Mind/Body)<br><i>Kelly N.</i> |   |



## SCHOTTLAND FAMILY YMCA | August 1st - August 7th

|                                 | Monday  | Tuesday  | Wednesday   | Thursday                                       | Friday   | Saturday  | Sunday |
|---------------------------------|---|--|---|--|--|---|--------|
| <b>GENTLE YOGA</b><br>Studio 3  | 12:00PM-1:00PM<br>(Mind/Body)<br><i>Alyssa M.</i> |  | 12:00PM-1:00PM<br>(Mind/Body)<br><i>Daria M.</i><br><br>6:45PM-7:45PM<br>(Mind/Body)<br><i>Sandy P.</i> |  | 8:00AM-9:00AM<br>(Mind/Body)<br><i>Lisa F.</i>   |   |        |
| <b>ACTIVE YOGA</b><br>Studio 3  | 1:15PM-2:15PM<br>(Mind/Body)<br><i>Alyssa M.</i>  |  | 1:15PM-2:15PM<br>(Mind/Body)<br><i>Susan A.</i>   |  | 1:15PM-2:15PM<br>(Mind/Body)<br><i>Kellie S.</i> | 8:00AM-9:00AM<br>(Mind/Body)<br><i>Susan A.</i><br><br>10:30AM-11:30AM<br>(Mind/Body)<br><i>YMCA S.</i> |        |
| <b>BODYBALANCE™</b><br>Studio 3 | 6:15PM-7:15PM<br>(Mind/Body)<br><i>YMCA S.</i>    |  |   |  |  | 9:15AM-10:15AM<br>(Mind/Body)<br><i>YMCA S.</i>   |        |
| <b>QIGONG</b><br>Studio 2       |   | 12:45PM-1:45PM<br>(Mind/Body)<br><i>Joe L.</i> |   | 12:45PM-1:45PM<br>(Mind/Body)<br><i>Joe L.</i> |  |   |        |



## MAPLEWOOD FAMILY YMCA | August 1st - August 7th

|                              | Monday  | Tuesday | Wednesday | Thursday  | Friday   | Saturday                                | Sunday  |
|------------------------------|---|---------|-----------|---|--|---|---|
| <b>PILATES</b><br>Studio     | 5:30PM-6:15PM<br>(Mind/Body)<br><i>Sheri D.</i> |         |           |   |  |   |   |
| <b>GENTLE YOGA</b><br>Studio |   |         |           | 9:15AM-10:15AM<br>(Mind/Body)<br><i>Sandra K.</i> |  |   |   |
| <b>ACTIVE YOGA</b><br>Studio |   |         |           |   | 9:15AM-10:15AM<br>(Mind/Body)<br><i>Daria M.</i> | 8:15AM-9:15AM<br>(Mind/Body)<br>YMCA S. | 9:30AM-10:30AM<br>(Mind/Body)<br><i>Hannah G.</i> |



## CORNING FAMILY YMCA | August 1st - August 7th

|                                | Monday | Tuesday                                       | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------|---|-----------|----------|--------|----------|--------|
| <b>ACTIVE YOGA</b><br>Studio A |        | 5:30PM-6:30PM<br>(Mind/Body)<br><i>Deb L.</i> |           |          |        |          |        |



## BAY VIEW FAMILY YMCA | August 1st - August 7th

|                                   | Monday | Tuesday | Wednesday | Thursday   | Friday | Saturday | Sunday |
|-----------------------------------|--------|---------|-----------|--|--------|----------|--------|
| <b>GENTLE YOGA (CHAIR)</b><br>Gym |        |         |           | 8:30AM-9:15AM<br>(Mind/Body)<br><i>Marianne A.</i> |        |          |        |



**NORTHWEST FAMILY YMCA | August 1st - August 7th**

|                                   | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday   | Sunday |
|-----------------------------------|--------|---------|-----------|----------|--------|--|--------|
| <b>PILATES</b><br>Aerobics Studio |        |         |           |          |        | 10:30AM-11:30AM<br>(Mind/Body)<br><i>LeeAnn M.</i> |        |



WESTSIDE FAMILY YMCA | August 1st - August 7th

|                                      | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday   |
|--------------------------------------|--------|---------|-----------|----------|--------|----------|--|
| GENTLE YOGA<br>Group Exercise Studio |        |         |           |          |        |          | 12:30PM-1:30PM<br>(Mind/Body)<br><i>Julie M.</i> |