



SCHOTTLAND FAMILY YMCA | June 19th - June 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|---------------------------------|--|---|---|---|--|---|---|
| ACTIVE YOGA Studio 3 | 5:45AM-6:45AM (Mind/Body) <i>Kellie S.</i> 1:15PM-2:15PM (Mind/Body) <i>Alyssa M.</i> | 9:45AM-10:45AM (Mind/Body) <i>Lisa O.</i> 5:30PM-6:30PM (Mind/Body) <i>Cami G.</i> | 1:15PM-2:15PM (Mind/Body) <i>Susan A.</i> | 9:45AM-10:45AM (Mind/Body) <i>Daria M.</i> 5:30PM-6:30PM (Mind/Body) <i>Susan A.</i> | 1:15PM-2:15PM (Mind/Body) <i>Kellie S.</i> 5:00PM-6:00PM (Mind/Body) <i>Cami G.</i> | 8:00AM-9:00AM (Mind/Body) <i>Susan A.</i> 10:30AM-11:30AM (Mind/Body) <i>YMCA S.</i> | 8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i> |
| FOAM ROLLING Studio 3 | 8:15AM-8:45AM (Mind/Body) <i>YMCA S.</i> | 11:00AM-11:30AM (Mind/Body) <i>Lisa O.</i> | | | | | |
| GENTLE YOGA Studio 3 | 12:00PM-1:00PM (Mind/Body) <i>Alyssa M.</i> | | 12:00PM-1:00PM (Mind/Body) <i>Daria M.</i> 6:45PM-7:45PM (Mind/Body) <i>Sandy P.</i> | 6:45PM-7:45PM (Mind/Body) <i>Susan A.</i> | 8:00AM-9:00AM (Mind/Body) <i>Lisa F.</i> 12:00PM-1:00PM (Mind/Body) <i>Barb D.</i> | | 9:45AM-10:45AM (Mind/Body) <i>Lynn K.</i> 11:45AM-12:45PM (Mind/Body) <i>Lisa F.</i> |
| BODYBALANCE™ Studio 3 | 6:15PM-7:15PM (Mind/Body) <i>YMCA S.</i> | | | | 10:30AM-11:15AM (Mind/Body) <i>Kristen Y.</i> | 9:15AM-10:15AM (Mind/Body) <i>YMCA S.</i> | |
| PILATES Studio 3 | | 8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i> | | | | | |
| QIGONG Studio 2 | | 12:45PM-1:45PM (Mind/Body) <i>Joe L.</i> | | 12:45PM-1:45PM (Mind/Body) <i>Joe L.</i> | | | |
| MEDITATION Studio 3 | | | | | | | 11:00AM-11:30AM (Mind/Body) <i>Lynn K.</i> |



EASTSIDE FAMILY YMCA | June 19th - June 25th

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



NORTHWEST FAMILY YMCA | June 19th - June 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-----------------------------------|---|---------|---|----------|--------|--|--------|
| QIGONG Gym | 9:15AM-10:00AM (Mind/Body) <i>Bob D.</i> | | 9:15AM-10:00AM (Mind/Body) <i>Bob D.</i> | | | | |
| TAI CHI BEGINNER Gym | 10:00AM-10:45AM (Mind/Body) <i>Bob D.</i> | | | | | | |
| TAI CHI Gym | | | 10:00AM-10:45AM (Mind/Body) <i>Bob D.</i> | | | | |
| PILATES Aerobics Studio | | | | | | 10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i> | |



MAPLEWOOD FAMILY YMCA | June 19th - June 25th

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



BAY VIEW FAMILY YMCA | June 19th - June 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--|--|--|--|--|--|----------|---|
| ACTIVE YOGA Group Exercise Studio | 6:00PM-6:45PM (Mind/Body) <i>Andrea A.</i> | | | | | | |
| PILATES Group Exercise Studio | | 11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i> | | | | | |
| BODYBALANCE™ Group Exercise Studio | | | 10:15AM-11:00AM (Mind/Body) <i>Mary C.</i> | | | | |
| GENTLE YOGA (CHAIR) Gym | | | | 8:30AM-9:15AM (Mind/Body) <i>Marianne A.</i> | | | |
| POWER YOGA Group Exercise Studio | | | | 5:35PM-6:20PM (Mind/Body) <i>Andrea A.</i> | | | |
| GENTLE YOGA Group Exercise Studio | | | | | 10:15AM-11:00AM (Mind/Body) <i>Daphne M.</i> | | 11:30AM-12:30PM (Mind/Body) <i>Daria M.</i> |



CORNING FAMILY YMCA | June 19th - June 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|-------------------------|--------|--|-----------|--|--------|----------|--------|
| ACTIVE YOGA Studio A | | 5:30PM-6:30PM (Mind/Body) Deb L. | | 6:45PM-7:45PM (Mind/Body) Danyell P. | | | |



THE YMCA AT INNOVATION SQUARE | June 19th - June 25th

| | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
|--------------------------------|--------|---------|---|----------|--------|----------|--------|
| ACTIVE YOGA Studio 2 | | | 8:00AM-9:00AM (Mind/Body) <i>Daria M.</i> | | | | |



WESTSIDE FAMILY YMCA | June 19th - June 25th

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