



SCHOTTLAND FAMILY YMCA | October 16th - October 22nd

	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> 4:00PM-5:00PM (Mind/Body) <i>Becky V.</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> 4:00PM-5:00PM (Mind/Body) <i>Eva K.</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) YMCA S.	8:30AM-9:30AM (Mind/Body) <i>Lynn K.</i>
FOAM ROLLING Studio 3	8:15AM-8:45AM (Mind/Body) YMCA S.	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>
PILATES Studio 3	5:15PM-6:00PM (Mind/Body) <i>Barb D.</i>	8:45AM-9:30AM (Mind/Body) <i>Kristen Y.</i>					
BODYBALANCE™ Studio 3	6:15PM-7:15PM (Mind/Body) YMCA S.	1:00PM-2:00PM (Mind/Body) <i>Rachel S.</i>			10:30AM-11:15AM (Mind/Body) <i>Kristen Y.</i>	9:15AM-10:15AM (Mind/Body) YMCA S.	
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 | October 16th - October 22nd

	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>					8:45AM-9:45AM (Mind/Body) <i>Brenda K.</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>Binh T.</i>	



NORTHWEST FAMILY YMCA | October 16th - October 22nd

	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>		9:15AM-10:15AM (Mind/Body) <i>Bob D.</i>		
PILATES Aerobics Studio						10:30AM-11:30AM (Mind/Body) <i>LeeAnn M.</i>	



SANDS FAMILY YMCA | October 16th - October 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Studio C	11:00AM-12:00PM (Mind/Body) <i>Romy C.</i>		11:00AM-12:00PM (Mind/Body) <i>Dianne M.</i>				
PILATES Studio C		9:30AM-10:15AM (Mind/Body) <i>Patty S.</i>		9:30AM-10:15AM (Mind/Body) <i>Shari R.</i>			
POWER YOGA Studio C				6:00PM-7:00PM (Mind/Body) <i>Megan C.</i>			



MAPLEWOOD FAMILY YMCA | October 16th - October 22nd

	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> 5:00PM-5:55PM (Mind/Body) <i>Cheri S.</i>	9:15AM-10:15AM (Mind/Body) <i>Sandra K.</i>			
RESTORATIVE YOGA Studio			10:30AM-11:15AM (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 | October 16th - October 22nd

	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>		11:15AM-12:00PM (Mind/Body) <i>Lisa C.</i>			
BODYBALANCE™ Group Exercise Studio		6:30PM-7:15PM (Mind/Body) <i>Carol Q.</i>	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 | October 16th - October 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Studio A		5:30PM-6:30PM (Mind/Body) <i>Deb L.</i>	7:00PM-8:00PM (Mind/Body) <i>Danyell P.</i>	6:45PM-7:45PM (Mind/Body) <i>Danyell P.</i>			



THE YMCA AT INNOVATION SQUARE | October 16th - October 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
ACTIVE YOGA Studio 2			8:00AM-9:00AM (Mind/Body) <i>Daria M.</i>				
GENTLE YOGA Studio 2					6:30PM-7:30PM (Mind/Body) <i>Daria M.</i>		



WESTSIDE FAMILY YMCA | October 16th - October 22nd

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GENTLE YOGA Group Exercise Studio			11:00AM-11:55AM (Mind/Body) <i>Cheri S.</i>				12:30PM-1:30PM (Mind/Body) <i>Julie M.</i>
ACTIVE YOGA Group Exercise Studio						10:15AM-11:15AM (Mind/Body) <i>Karin R.</i>	