

PINK CLASSES

Presented in partnership with the
UR Medicine | Highland Hospital, these
classes will highlight the importance of
breast cancer awareness and
regular screenings.

BAY VIEW FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 10:15-11 am	Gentle Yoga, Kathy N.
10/6, 6-6:45 pm	Active Yoga, Andrea A.
10/7, 10-11 am	BODYPUMP, Lisa Cai.
10/7, 11:15 am to Noon	Pilates, Lisa Cai.
10/8, 6-6:45 pm	Barre, Heather D.
10/9, 4:30-5:25 pm	Ride Strong, Andrea A.
10/9, 5:35-6:20 pm	Power Yoga, Andrea A.
10/10, 10:15-11 am	Gentle Yoga, Daphne M.
10/13, 5:15-5:45 pm	Les Mills Core, Andrea A.
10/14, 10:20-11:05 am	Aqua in Motion, Mary C.
10/15, 10:15-11 am	Body Balance, Mary C.
10/16, 8:30-9 am	Aqua Bootcamp, Mary C.
10/16, 11:15 am to Noon	Pilates, Lisa Cai.
10/17, 10:15-11 am	Gentle Yoga, Daphne M.
10/17, 11:15 am to Noon	TRX, Daphne M.

CORNING FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 9 am	Total Body Strong, Deborah F.
10/7, 9 am	REFIT, Kari F.
10/7, 10:30 am	SilverSneakers, Kari F.
10/7, 5:30 pm	Active Yoga, Debbie L.
10/8, 9 am	Ride Strong, Deborah F.
10/8, 10:30 am	Aqua Fit, Christy N.
10/8, 5:45 pm	Zumba, Connor O.
10/8, 7 pm	Active Yoga, Danyell P.
10/9, 5:30 pm	BODYPUMP, Maria A.
10/11, 10:15 am	Zumba, Maria A.
10/13, 10:30 am	BODYBALANCE, Louisa L.
10/13, 4:15 pm	REFIT, Katrina W.
10/13, 5:45 pm	Zumba, Marina K.
10/15, 9 am	Les Mills Core, Kari F.

EASTSIDE FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 10:15-11 am	UpBeat Barre, Tia
10/6, 10:15-11:15 am	BODYBALANCE, Danielle O.
10/6, 6:45-7:30 pm	WERQ, Wendi C.
10/7, 9:30-10:15 am	Pilates, Laurie K.
10/7, 11:30 am-12:15 pm	SilverSneakers Yoga, Jess G.
10/8, 9-10 am	Active Yoga, Joan N.
10/9, 5:30-6:15 pm	WERQ, Laura C.
10/10, 9:30-10:15 am	Aqua Circuit, Ron G.
10/11, 10-11 am	BODYCOMBAT, Kelly M.
10/11, 10:15-11:15 am	Zumba, Nanette
10/12, 10:30-11:30 am	Active Yoga, Eva
10/13, 4:15-5:15 pm	UpBeat Pilates, Gil
10/13, 6:30-7:30 pm	BODYPUMP, Jenn W.
10/14, 8:30-9:15 am	Cardio Dance, Sam R.
10/15, 8:15-9 am	TRX Carol M.
10/15, 11:30 am-12:15 pm	SilverSneakers Circuit, Tess/Robert
10/15, 4:30-5:30 pm	BODYCOMBAT, Kathy F.
10/15, 5:45-6:15 pm	Les Mills CORE, Heather R.
10/16, 5:15-6:15 am	BODYPUMP, Melanie
10/17, 6-6:45 am	Group Cycle, Jackie P.
10/17, 4:15-5 pm	UpBeat Barre, Olga

LEWIS STREET YMCA NEIGHBORHOOD CENTER

DATE & TIME	CLASS & INSTRUCTOR
10/6, 11 am to Noon	SilverSneakers, Roger G.
10/7, 11 am to Noon	SilverSneakers, Roger G.
10/8, 11 am to Noon	SilverSneakers, Roger G.
10/10, 11 am to Noon	SilverSneakers, Roger G.
10/13, 11 am to Noon	SilverSneakers, Roger G.
10/14, 11 am to Noon	SilverSneakers, Roger G.
10/15, 11 am to Noon	SilverSneakers, Roger G.
10/17, 11 am to Noon	SilverSneakers, Roger G.

MAPLEWOOD FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 11:30 am-12:15 pm	Zumba Gold, Melissa R.
10/6, 5:30-6:15 pm	Pilates, Sheri D.
10/7, 7-7:45 am	TRX, Gina W.
10/7, 10-11 am	SilverSneakers Yoga, Dorrell G.
10/7, 5-5:45 pm	Kickboxing, Nene O.
10/8, 10-11 am	SilverSneakers Classic, Tamara S.
10/8, 5-6 pm	Gentle Yoga, Cheri S.
10/8, 6-7 pm	Zumba, Leonte P.
10/9, 6:15-7 am	Group Cycle, Mary B.
10/9, 5-5:45 pm	Zumba Step, Melissa R.
10/9, 6-6:30 pm	HIIT, Carole N.
10/13, 8:15-9:15 am	Active Yoga, Lisa R.
10/13, 9:30-10:30 am	Gentle Yoga, Lisa R.
10/14, 10-11 am	SilverSneakers Yoga, Dorrel G.
10/14, 6-7 pm	Total Body Strong, Margot S.
10/15, 5-6 pm	Gentle Yoga, Cheri S.
10/15, 6-7 pm	Zumba, Leonte P.
10/16, 9-9:45 am	Aqua Deep, Maribel T.
10/16, 10-10:45 am	Aqua Zumba, Maribel T.

NORTHWEST FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 8 am	Circuit, Carole
10/6, 9:15 am	Qigong, Bob D.
10/6, 10:15 am	TRX, Sadie
10/7, 8 am	Gentle Yoga, Michelle C.
10/7, 9:15 am	Barre, Carole
10/7, 5:30 pm	BODYPUMP, Jeanie
10/8, 5:45 am	BODYCOMBAT, Darlene
10/8, 11:15 am	Core, Becky V.
10/8, 6:40 pm	Gentle Yoga, Lisa C.
10/9, 9:30 am	BODYPUMP, Kelly
10/9, 10:15 am	Chair Yoga, Dorrell
10/9, 11:30 am	Zumba, Glenda
10/10, 9:15 am	Barre, Sherry
10/11, 8 am	BODYPUMP, Rebekah
10/11, 9:25 am	Step, Dorie
10/11, 10:30 am	Pilates, LeeAnn
10/12, 9 am	Active Yoga, Lisa R.
10/12, 10 am	BODYPUMP, Jeanie
10/13, 5:45 am	Ride Strong, Lisa C.
10/13, 9 am	Bootcamp, Carole
10/13, 6:30 pm	BODYCOMBAT, Sharon
10/14, 5:45 am	Bootcamp, Darlene & Erin
10/14, 10:15 am	Upbeat Pilates, Tia
10/15, 7 am	Gentle Yoga, Rebecca
10/15, 10 am	Taichi, Bob
10/16, 6:30 pm	TRX, Mandie

SANDS FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 8:15-9 am	TRX, Romy B.
10/6, 8:30-9:15 am	Group Cycle, Amy Jo B.
10/7, 9:30-10:15 am	Zumba, Melissa S.
10/7, 6-7 pm	Gentle Yoga, Stephani R.
10/8, 8:30-9:30 am	Aqua Bootcamp, Cheryl Anne B.
10/8, 9:15-10:15 am	BODYPUMP, Rachel G.
10/9, 8:45-9:45 am	Group Fight, Kristin W.
10/9, 9:30-10:15 am	Pilates, Shari R.
10/9, 4:45-5:30 pm	Barre, Heather R.
10/10, 5:45-6:30 am	Group Cycle, Lindsey M.
10/10, 9:30-10:15 am	Bootcamp, Lindsey S.
10/11, 7:45-8:15 am	GRIT Athletic, Carrie Q.
10/11, Noon to 1 pm	Aqua Zumba, Mary Ann N.
10/12, 8:30-9:15 am	Group Cycle, Stephanie B.
10/13, 9:15-10:15 am	BODYPUMP, Allyson H.
10/13, 5:30-6:15 pm	Bootcamp, Jenna M.
10/14, 6:30-7:30 am	Gentle Yoga, Romy C.
10/14, 10:30-11:15 am	Total Body Strong, Patty S.
10/14, 5:30-6 pm	GRIT Strength, Christina H.
10/15, 6:45-7:45 pm	Zumba, Lisa S.
10/16, 8:30-9:15 am	TRX, Lori B.
10/16, 6-7 pm	Power Yoga, Megan C.
10/17, 9:30-10:15 am	UpBeat Barre, Jamie S.
10/17, 11:15 am-12:15 pm	Gentle Yoga, Malinda S.

SCHOTTLAND FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6 & 10/13, 8-8:45 am	Feeling Fit, Jenna W.
10/6 & 10/13, 8:25-9:20 am	AquaFit, Karen S.
10/6 & 10/13, 9-9:45 am	Zumba Gold, Joann R.
10/6 & 10/13, 9-10 am	BODYBALANCE, Rachel S.
10/6 & 10/13, 9-10 am	Group Cycle, Amy O.
10/6 & 10/13, 9:30-10:15 am	SilverSneakers Splash, Audrey T.
10/6 & 10/13, 11-11:45 am	SilverSneakers Classic, Kathryn B./Amy O.
10/6 & 10/13, Noon to 1 pm	Gentle Yoga, Alyssa M.
10/6 & 10/13, 1:15-2:15 pm	Active Yoga, Alyssa M.
10/6 & 10/13, 5:30-6:30 pm	Circuit Training, Sheila A.
10/6 & 10/13, 6-6:45 pm	Group Cycle, Kate W.
10/7 & 10/14, 8-8:45 am	Pilates, Kristen Y.
10/7 & 10/14, 9-9:45 am	Total Body Strong, Lisa Ba.
10/7 & 10/14, 9-10 am	Dance Fit, Marie K.
10/7 & 10/14, 9-10 am	High Fitness, Gil G./Sarah N.
10/7 & 10/14, 9:45-10:45 am	Active Yoga, Lisa O.
10/7 & 10/14, 10:15-11 am	Feeling Fit, Alexandra H.
10/7 & 10/14, 10:25-11:10 am	AquaFit, Jess C.
10/7 & 10/14, 11:15 am to Noon	SilverSneakers Circuit, Janet P/Laurie N.
10/7 & 10/14, 11:45 am-12:45 pm	Barre, Lisa Ba.
10/7 & 10/14, Noon to 1 pm	BODYPUMP, Jenn N.
10/7 & 10/14, 4:30-5:15 pm	UpBeat Barre, Tia P.
10/7 & 10/14, 6:45-7:45 pm	Zumba, Mari B.
10/8 & 10/15, 5:45-6:45 am	BODYPUMP, Ivonne, R.
10/8, 8-9 am	Gentle Yoga, Cami G.
10/8 & 10/15, 10:30-11:30 am	BODYPUMP, Kristy H.
10/8 & 10/15, Noon to 1 pm	Gentle Yoga, Daria M.
10/8 & 10/15, 4:45-5:15 pm	CORE, Sheila A.
10/8 & 10/15, 5:15-6:15 pm	UpBeat Pilates, Gil G./Tia P.
10/8 & 10/15, 5:30-6:30 pm	BODYPUMP, Sheila A.
10/8 & 10/15, 5:30-6:30 pm	BODYSTEP, Diane R.
10/9 & 10/16, 5:45-6:15 am	GRIT Strength, Shelly T.
10/9 & 10/16, 9-9:30 am	CORE, Sarah M.
10/9 & 10/16, 9-9:45 am	Bootcamp, Jess C.
10/9 & 10/16, 9:45-10:45 am	BODYPUMP, Sarah M.
10/9 & 10/16, 10-10:45 am	Feeling Fit Turf Circuit, Alexandra H.
10/9 & 10/16, 10:15-11:15 am	BODYSTEP, Diane R.
10/9 & 10/16, 10:15-11 am	Parkinson's Optimal Awareness, Janet P.
10/9 & 10/16, 10:25-11:10 am	AquaFit, Jess C.
10/9 & 10/16, Noon to 1 pm	UpBeat Pilates, Anna B.
10/9 & 10/16, Noon to 1 pm	BODYPUMP, Diane R.
10/9 & 10/16, 5:30-6:30 pm	Active Yoga, Megan P.
10/9 & 10/16, 6:45-7:45 pm	Gentle Yoga, Megan P.
10/9 & 10/16, 7-8 pm	BODYPUMP, Chrissy M.
10/10 & 10/17, 8-9 am	Gentle Yoga, Lisa F.
10/10 & 10/17, 9-10 am	Group Cycle, Lisa O.
10/10, & 10/17 9:15-10:15 am	BODYCOMBAT, Kristen Y.
10/10 & 10/17, 9:15-10:15 am	Zumba, Laurie N.
10/10 & 10/17, 9:15-10:15 am	UpBeat Barre, Gil G.
10/10 & 10/17, 10:30-11:30 am	BODYBALANCE, Kristen Y.
10/10 & 10/17, Noon to 1 pm	Gentle Yoga, Barb D.
10/10 & 10/17, 1:15-2:15 pm	Active Yoga, Kellie R.
10/10 & 10/17, 4-4:45 pm	UpBeat Barre, Alexandra H.
10/11, 7:15-8:15 am	Circuit Training, Sheila A.
10/11, 10:30-11:30 am	Zumba, Cathy T.
10/11, 11:45 am-12:45 pm	Barre, Cathy T.
10/12, 8:15-9:15 am	Group Cycle, Kristen M.
10/12,8:30-9:30 am	Active Yoga, Lynn K.
10/12, 9-10 am	BODYPUMP, Sheila A.
10/12, 9-10 am	BODYCOMBAT, Mary J.
10/12, 9:45-10:45 am	Gentle Yoga, Lynn K.
10/12, 10:15-11:15 am	BODYSTEP, Diane R.

THURSTON ROAD YMCA NEIGHBORHOOD CENTER

DATE & TIME	CLASS & INSTRUCTOR
10/6, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/7, 9-9:45 am	SilverSneakers Circuit, YMCA Staff
10/8, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/8, 10:15-11 am	Gentle Yoga (Chair), Cindi R.
10/9, 10:15-11 am	SilverSneakers Yoga, Cindi R.
10/10, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/10, 10:15-11 am	Gentle Yoga (Chair), Cindi R.
10/13, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/14, 9-9:45 am	SilverSneakers Circuit, YMCA Staff
10/15, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/15, 10:15-11 am	Gentle Yoga (Chair), Cindi R.
10/16, 10:15-11 am	SilverSneakers Yoga, Cindi R.
10/17, 9-9:50 am	SilverSneakers Classic, YMCA Staff
10/17, 10:15-11 am	Gentle Yoga (Chair), Cindi R.

THE YMCA AT INNOVATION SQUARE

DATE & TIME	CLASS & INSTRUCTOR
10/6, 9:15-10 am	Circuit Training, Mindy A.
10/6, 5:30-6:30 pm	Group Cycle, Cathy C.
10/7, 9:30-10:30 am	Zumba, Meghana L.
10/7, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/8, 10-10:45 am	SilverSneakers Yoga, Dorrell G.
10/9, 9:15-10:15 am	BODYPUMP, Mindy A.
10/9, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/10, 8-8:45 am	Pilates, Amy C.
10/10, 10-10:45 am	SilverSneakers Classic, Dorrell G.
10/13, 9:15-10 am	Circuit Training, Mindy A.
10/13, 5:30-6:30 pm	Group Cycle, Cathy C.
10/14, 9:30-10:30 am	Zumba, Meghana L.
10/14, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/15, 10-10:45 am	SilverSneakers Yoga, Dorrell G.
10/16, 9:15-10:15 am	BODYPUMP, Mindy A.
10/16, 5:30-6:30 pm	BODYCOMBAT, Kathy F.
10/17, 8-8:45 am	Pilates, Amy C.
10/17, 10-10:45 am	SilverSneakers Classic, Dorrell G.

WESTSIDE FAMILY YMCA

DATE & TIME	CLASS & INSTRUCTOR
10/6, 4:15-5:15 pm	HIIT, Tom C.
10/6, 5:30-6:30 pm	BODYPUMP, Mary S.
10/7, 5:45-6:30 am	BODYBALANCE, Mary J.
10/7, 9:30-10:30 am	Circuit Training, Lucy V.
10/8, 7-8 am	Bootcamp, Karin R.
10/8, 10:30-11:15 am	Aqua Zumba, Shelley H.
10/9, 8:30-9:30 am	Feeling Fit, Brenda L.
10/9, 9:30-10:15 am	Group Cycle, Karen G.
10/10, 11-11:55 am	BODYPUMP, Heather Y.
10/10, 5-6 pm	Gentle Yoga, Jenny G.
10/11, 9-9:45 am	Group Cycle, Karin R.
10/11, 10:15-11:15 am	Active Yoga, Karin R.
10/12, 9:15-10 am	Group Cycle, Angela S.
10/12, 10:15-11 am	Total Body Strong, Angela S.
10/13, 8:30-9:30 am	Feeling Fit, Darlene C.
10/13, 6-6:45 pm	Group Cycle, Melissa S.
10/14, 12:15-1 pm	Silver Sneakers Yoga, Nancy W.
10/14, 4-4:45 pm	Step-Cardio, Shelley H.
10/15, 12:15-1 pm	Qigong, Amanda B.
10/16, 5:15-6:15 pm	UpBeat Pilates, Tia P.
10/16, 5:30-6:30 pm	Zumba, Rebecca K.
10/17, 7-8 pm	Ride Strong, Sarah L.
10/17, 9:45-10:45 am	Gentle Yoga, Lisa C.
10/17, 11 am to Noon	Silver Sneakers Classic, Maria T.

