



Effective 4/1/2019

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 Total Body Blast | 6:00amTRX 7:00am TRX Registration required both | 6:00am Total Body Blast | 6:00amTRX 7:00am TRX Registration required both | | |
| 7:00a | | 7:00am Spin | | 7:00am Spin | | |
| 8:00a | 8:00am Low Impact Aerobics | 8:30am Circuit Class | 8:00am Low Impact Aerobics | 8:30AM Circuit Class | 8:00am Low Impact Aerobics | 8:00am TRX Registration required |
| 9:00a | 9:15am Keeping Fit | 9:30am Circuit Class 9:00am Zumba | 9:15am Keeping Fit | 9:30amCircuit Class 9:00am Zumba | 9:00am Yoga <i>All Levels</i> | 9:00am Yoga 9:00am Spin |
| 9:30a | 9:30am Spin 9:30am Pilates 10:30am Women w/ Weights | 9:30am Spin 9:30am Tai Chi 10:30am Circuit Class 10:30am Step | 9:30am Spin 9:30am Pilates/Yoga Blend 10:30am Women w/ Weights | 9:30am Spin 9:30am Gentle Yoga 10:30am Circuit Class | 9:15am Keeping Fit 9:30am Spin 10:30am Women w/ Weights <i>(10:45 on 3/1 only)</i> | 9:15am Step 10:15am Zumba |
| 10:45a | | | | | | |
| 12:00pm | 11:00am Enhance Fitness Registration required 12:00pm Total Body Blast 12:00pm Intro to Circuit 12:00pm Building Better Bones 12:15pm Yoga | 11:00am BellyFit Registration required 12:00pm Kick, Barre & Core Registration required 12:15pm Yoga 12:15pm Spin | 11:00am Enhance Fitness Registration required 12:00pm Total Body Blast 12:00pm Intro to Circuit 12:00pm Building Better Bones 12:15pm Yoga | 11:00am BellyFit Registration required 12:00pm Kick, Barre & Core Registration required 12:15pm (yoga starting 3/21) 12:15pm Spin | 11:00am Enhance Fitness Registration required 12:00pm Total Body Blast 12:15pm Pilates | 10:30am Yoga <i>All Levels</i> |
| 12:15p | | | | | | |
| 1:00p | 1:00pm Senior Circuit | 1:30pm Gentle Yoga | 1:00pm Senior Circuit | 2:30pm Tai Chi | 1:00pm Senior Circuit | |
| 2:30p | 1:30pm Fall Prevention Using Tai Chi | | | | | |
| 4:30p | | 4:30pm Pilates/Yoga Blend | | 4:30pm Pilates/Yoga Blend | | |
| 5:30p | 5:45-6:30pm TRX Registration required | 5:30pm Zumba | 5:45-6:30pm TRX Registration required | 5:30pm Zumba | | |
| 6:00p | 6:00pm Yoga | | 5:45pm Yoga | 5:45pm Gentle Yin Yoga | | |
| 6:15p | 6:15pm Spin | 5:45pm Yoga All Levels | 6:00pm Zumba- NEW!! | | | |
| 7:00p | 7:15pm Adult Dance Registration required | | 6:15pm Spin | | | |

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, Kick Barre & Core, **Adult Dance**

Fitness Studio #2: Karate, Zumba, Building Better Bones, 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, Intro to Circuit

AM Fitness Schedule

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

| | | | |
|---------------------|-------------|------------------------------|-----------------------------------|
| 6:00-6:45am | M W | Total Body Blast | Jane |
| 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 | |
| 8:30-9:15a | T TH | Circuit Class | Gina/Nige |
| 9:30-10:15a | T TH | Circuit Class | 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 |
| 10:30-11:15a | T TH | Circuit Class | 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 |
| 10:30-11:30a | M W F | Women with Weights | Jami(M) Liisa(W) 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.

| | | | |
|-------------------|------------|----------------------------------|--|
| 12:00-12:45p | M W | Intro to Circuit | Laurie |
| 12:00-1:00p | M W F | Total Body Blast | Brandon (M W) Jane (F) |
| 12:00-1:00p | M W | Building Better Bones | Jane |
| 12:00- 1:00p | T TH | Kick, Barre & Core | Jami |
| 12:15-1:15p | M-TH | Yoga | Judd (M) Paige/Linda Grace(T) Sheryl (W) Marie (TH) Amy |
| 12:15-1:00p | T TH | Spin | |
| 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 |
| 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 |
| 6:00-7:00p | W | Zumba | Armando |
| 6:15-7:15p | M W | Spin | Linda (M) Amy/Linda (W) |
| 7:15-8:15p | M | Adult Dance Lessons | David Kahn |