



# Fitness Class Schedule

Effective March 1st, 2018

Ashland Family YMCA  
 540 YMCA Way 541-482-9622  
 Current fitness class schedules are available  
 on our website at [www.ashlandymca.org](http://www.ashlandymca.org)

	Mon	Tue	Wed	Thu	Fri	Sat
6:00a		6:00am TRX 7:00am TRX Registration required both		6:00am TRX 7:00am TRX Registration required both		
7:00a		7:00am Spin		7:00am Spin		
8:00a	8:00am Low Impact Aerobics		8:00am Low Impact Aerobics		8:00am Low Impact Aerobics	8:00am TRX Registration required
9:00a	9:15am Keeping Fit	9:00am Circuit Express 9:00am Zumba	9:15am Keeping Fit	9:00am am Circuit Express 9:00am Zumba	9:00am Yoga <i>All Levels</i>	9:00am Yoga 9:00am Spin
9:30a	9:30am Spin 9:30am Pilates	9:30am Spin 9:30am Tai Chi	9:30am Spin 9:30am Pilates/Yoga Blend	9:30am Spin 9:30am Gentle Yoga	9:15am Keeping Fit	9:15am Step
10:00a		10:00am Circuit Plus		10:00am Circuit Plus	9:30am Spin	10:15am Zumba
10:45a	10:45am Women w/ Weights		10:45am Women w/ Weights		10:45am Women w/ Weights	10:30am Yoga <i>All Levels</i>
12:15p	12:00pm Total Body Blast 12:15pm Yoga	12:15pm Yoga 12:15pm Spin	12:00pm Total Body Blast 12:15pm Yoga	12:15pm Pilates 12:15pm Spin	12:00pm Total Body Blast 12:15pm Pilates	
1:00p	1:00pm Senior Circuit 1:30 pm World Blend	1:30pm Gentle Yoga	1:00pm Senior Circuit		1:00pm Senior Circuit	
2:30p	4:00p Youth Fitness Class Registration required		4:00p Youth Fitness Class Registration required	2:30pm Tai Chi	4:00p Youth Fitness Class Registration required	
4:15p		4:15pm Step				
4:30p		4:30pm Pilates/Yoga Blend 5:30pm Zumba		4:30pm Pilates/Yoga Blend 5:30pm Zumba		
5:45p	5:45-6:30p TRX Registration required	5:45pm Power Flow Yoga	5:45-6:30p TRX Registration required	5:45pm Gentle Yin Yoga		<b>SUNDAY</b>  9:00a Spin  9:00a Yoga Level II
6:00p	6:00pm Yoga		5:45pm Yoga			
6:15p	6:15pm Spin		6:15pm Spin			
7:00p	7:30pm Adult Dance Class Registration required					

# 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

**Fitness Studio #2:** Karate, Zumba, Adult Dance

**Wellness Studio:** Yoga, Gentle Yoga, Pilates, Pilates / Yoga Blend, Tai Chi classes, World Blend

**Spin Studio:** All Spin classes

**Circuit Area:** Senior Circuit, Circuit Plus, Circuit Express

## AM Fitness Schedule

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

<b>6:00-6:45a</b>	<b>T TH</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
<b>7:00-7:45a</b>	<b>T TH</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
7:00-8:00a	T TH	Spin	(John)Varies
8:00-9:00a	M W F	Low Impact Aerobics	Mary B.
<b>8:00-8:45a</b>	<b>Sat</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
9:00-9:45a	T TH	Circuit Express	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
10:00-11:00a	T TH	Circuit Plus	Gina (Nige)
10:15-11:15a	Sat	Zumba	Annette
10:30-11:30a	Sat	Yoga All Levels	Faye
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Lin (W) Liisa/Tatiana(F)

## PM Fitness Schedule

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

12:00-1:00p	M W F	Total Body Blast	Brandon (M F) Sherry (W)
12:15-1:00p	T TH	Spin	Amy
12:15-1:15p	M-W	Yoga	Judd (M) Paige/Linda Grace(T) Sheryl (W)
12:15-1:15p	TH	Pilates	Shasta
12:15-1:15p	F	Pilates	Jessica
1:00-1:45p	M W F	Senior Circuit	Laurie (M W) Gina (F) Judd
1:30-2:30p	M	World Blend	Paige/Linda Grace
1:30-2:30p	T	Gentle Yoga	Shelly
2:30-3:30p	TH	Tai Chi	<b>Brandon</b>
<b>4:00-5:00p</b>	<b>M W F</b>	<b>Youth Fitness Class</b>	
		<b>Registration required</b>	
4:15-5:00p	T	Step	Lin
4:30-5:30p	T TH	Pilates / Yoga Blend	Jessica
5:30-6:30p	T TH	Zumba	Annette (T) Kari (TH)
<b>5:45-6:30p</b>	<b>M W</b>	<b>TRX</b>	<b>Nige</b>
		<b>Registration required</b>	
5:45-6:45p	T	Power Flow Yoga	Molly
5:45-6:45p	W	Yoga	Jaime
5:45-6:45p	TH	Gentle Yin Yoga	Cynde
6:00-7:15p	M	Yoga	Cynde
6:15-7:15p	M W	Spin	Raychel
<b>7:30-8:30p</b>	<b>M</b>	<b>Adult Dance Class</b>	<b>Dave</b>
		<b>Registration required</b>	