



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	11:00am BellyFit Registration required	11:00am Enhance Fitness Registration required	11:00am BellyFit Registration required	11:00am Enhance Fitness Registration required	10:30am Yoga <i>All Levels</i>
12:15p	12:00pm Total Body Blast 12:00pm Intro to Circuit 12:00pm Building Better Bones 12:15pm Yoga	12:15pm Yoga 12:15pm Spin	12:00pm Total Body Blast 12:00pm Intro to Circuit 12:00pm Building Better Bones 12:15pm Yoga	12:15pm (yoga starting 3/21) 12:15pm Spin	12:00pm Total Body Blast 12:15pm Pilates	
1:00p	1:00pm Senior Circuit	1:30pm Gentle Yoga	1:00pm Senior Circuit	2:30pm Tai Chi	1:00pm Senior Circuit	SUNDAY 9:00a Spin 9:00a Yoga Level II 10:30a Tai Chi & Qi Gong
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			

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, 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>	Mary
10:30-11:15a	T	Step	Lin
10:30-11:30a	M W F	Women with Weights	Jami(M)Liisa(W) Tatiana(F)
10:30-11:30a	Sun	Tai Chi & Qi Gong	Justin
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
12:15-1:15p	M-TH	Yoga	Judd (M) Paige/Linda Grace(T) Sheryl (W) Marie (TH)
12:15-1:00p	T TH	Spin	Amy
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(1,3&5thW) Ben (2nd W)
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