



Fitness Class Schedule

Summer Schedule (effective through 9/4/17)

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 7:00a 8:00a 9:00a	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 9:00am Circuit Express	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 9 am Circuit Express	8:00am Low Impact Aerobics 9:00am Yoga All Levels (beginner to advanced options will be offered)	8:00am TRX Registration required 9:00am Yoga 9:00a Yoga Level II Sundays
9:15a 9:30a 10:00a 10:15a	9:15am Keeping Fit 9:30am Spin 9:30am Pilates	9:00am Zumba 9:30am Spin 9:30am Tai Chi 10:00am Circuit Plus	9:15am Keeping Fit 9:30am Spin 9:30am Pilates/Yoga Blend	9:00am Zumba 9:30am Spin 9:30am Gentle Yoga 10:00am Circuit Plus	9:15am Keeping Fit 9:30am Spin	9:00a Spin Sundays 9:15am Step
10:45a 12:15p 1:00p 1:30p 2:30p	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Yoga 1:00pm Senior Circuit	12:15pm Yoga 1:30pm Gentle Yoga	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Yoga 1:00pm Senior Circuit	12:15pm Pilates 2:30pm Tai Chi	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Pilates 1:00pm Senior Circuit	10:15am Zumba 10:30am Yoga –All Levels
4:15p 4:30p 5:30p		4:15pm Step 4:30pm Pilates/Yoga Blend 5:30pm Zumba		4:30pm Pilates / Yoga Blend 5:30pm Zumba		
5:45p 6:00p 6:15p 7:00p	5:45-6:30p TRX Registration required 6:00pm Yoga	5:45pm Power Flow Yoga	5:45-6:30p TRX Registration required 5:45pm Yoga 6:15pm Spin	5:45pm Gentle Yin Yoga		

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

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

Spin Studio: All Spin classes

Circuit Area: Senior Circuit, Circuit Plus, Circuit Express

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Revised 6/5/2017

AM Fitness Schedule

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

6:00-6:45a	T TH	TRX	Nige
		Registration required	
7:00-7:45a	T TH	TRX	Nige
		Registration required	
8:00-9:00a	M W F	Low Impact Aerobics	Mary B.
8:00-8:45a	Sat	TRX	Nige
		Registration required	
9:00-9:45	T TH	Circuit Express	Gina
9:00-10:00a	Sun	Spin	Raychel
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	Jessica
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 (M F) Jim (T) Roseanne (W)
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 (T TH)
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) Katie (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	Cole
12:15-1:15p	M-W	Yoga	Judd (M) Paige/Linda Grace (T) Sheryl (W)
12:15-1:15pm	TH	Pilates	Shasta
12:15-1:15p	F	Pilates	Judd
1:00-1:45p	M W F	Senior Circuit	Laurie (M W) Gina (F)
1:30-2:30p	T	Gentle Yoga	Paige/Linda Grace
2:30-3:30p	TH	Tai Chi	Shelly
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) Jessica (TH)
5:45-6:30p	M W	TRX	Nige
		Registration required	
5:45-6:45p	T	Power Flow Yoga	Jacob
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	W	Spin	Raychel