



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 7:00a 8:00a 9:00a	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 7:00am Spin 9:00am Circuit Express	8:00am Low Impact Aerobics	6:00am TRX Registration required 7:00am TRX Registration required 7:00am Spin 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 12:15pm Spin 1:30pm Gentle Yoga	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Yoga 1:00pm Senior Circuit	12:15pm Pilates 12:15pm Spin 2:30pm Tai Chi	10:45am Women w/ Weights 12:00pm Total Body Blast 12:15pm Pilates Level II 1:00pm Senior Circuit	10:15am Zumba 10:30am Yoga –All Levels 11:45am Practice of Presence
4:15p 4:30p 5:30p	3:30pm Circuit Plus	4:30pm Pilates/Yoga Blend 5:30pm Zumba	3:30pm Circuit Plus	4:15pm Step 4:30pm Pilates / Yoga Blend 5:30pm Zumba		3:30 Hula Hooping Sundays
5:45p 6:00p 6:15p 7:00p	5:45-6:30p TRX Registration required 6:00pm Yoga 6:30pm Cardio Dance Mix	5:45pm Power Flow Yoga 6:00pm Fast Fitness Bootcamp	5:45-6:30p TRX Registration required 5:45pm Yoga 6:15pm Spin	5:45pm Gentle Yin Yoga	Pickleball M-F 8:00-11:00a Sun. 2:45-4:45p On the basketball court	

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, Cardio Dance Mix

Fitness Studio #2: Karate

Wellness Studio: Yoga, Gentle Yoga, Pilates, Pilates / Yoga Blend, BodyMind Blend, Ballet, Adult Dance Lessons, Tai Chi classes, Practice of Presence, Hula Hooping

Spin Studio: All Spin classes

Circuit Area: Senior Circuit, Circuit Plus

Boot Camp: Basketball Court

Revised 5/1/17

Current fitness class

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	
7:00-8:00a	T TH	Spin	Bill
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 Plus	Gina
9:00-10:00a	Sun	Spin	Raychel
9:00-10:15a	F	Yoga Level II	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-F	Spin	Jean (M T F) Brooklyn (W TH)
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) Varies(F)
11:45-12:45	Sat	Practice of Presence	Ed

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) Page/Linda Grace(T) Sheryl (W)
12:15-1:15pm	TH	Pilates	Shasta
12:15-1:15p	F	Pilates Level II	Judd
12:15-1:00p	T TH	Spin	Emily (T) Louisa (TH)
1:00-1:45p	M W F	Senior Circuit	Laurie (M W) Gina (F)
1:30-2:30p	T	Gentle Yoga	Page/Linda Grace
2:30-3:30p	TH	Tai Chi	Shelly
3:30-5:30p	Sun	Hula Hooping	Fern
3:30-4:30p	M W	Circuit Plus	Cole
4:15-5:00p	TH	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
6:00-7:00p	T	Fast Fitness Bootcamp	Garrett
6:15-7:15p	W	Spin	Raychel
6:30-7:30p	M	Cardio Dance Mix	Krista