



Effective 2/1/2019

# 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](http://www.ashlandymca.org)

	Mon	Tue	Wed	Thu	Fri	Sat
<b>6:00a</b>	6:00am Total Body Blast	<b>6:00amTRX</b> <b>7:00am TRX</b> Registration required both	6:00am Total Body Blast	<b>6:00amTRX</b> <b>7:00am TRX</b> Registration required both		
<b>7:00a</b>		7:00am Spin		7:00am Spin		
<b>8:00a</b>	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 <b>TRX</b> Registration required
<b>9:00a</b>	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
<b>9:30a</b>	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 9:30am Spin	9:15am Step
<b>10:45a</b>	10:45am Women w/ Weights	10:30am Circuit Class 10:30am Step	10:45am Women w/ Weights	10:30am Circuit Class	10:45am Women w/ Weights	10:15am Zumba
<b>12:00pm</b>	<b>11:00am Enhance Fitness</b> Registration required	<b>11:00am BellyFit</b> Registration required	<b>11:00am Enhance Fitness</b> Registration required	<b>11:00am BellyFit</b> Registration required	<b>11:00am Enhance Fitness</b> Registration required	10:30am Yoga <i>All Levels</i>
<b>12:15p</b>	12:00pm Total Body Blast 12:00pm Intro to Circuit <i>12:00pm Building Better Bones-NEW!!</i>	12:15pm Yoga 12:15pm Spin	12:00pm Total Body Blast 12:00pm Intro to Circuit <i>12:00pm Building Better Bones-NEW!!</i>	12:15pm Pilates 12:15pm Spin	12:00pm Total Body Blast  12:15pm Pilates	
<b>1:00p</b>	1:00pm Senior Circuit	1:30pm Gentle Yoga	1:00pm Senior Circuit	2:30pm Tai Chi	1:00pm Senior Circuit	
<b>2:30p</b>	1:30pm Fall Prevention Using Tai Chi					
<b>4:30p</b>	<b>4:00pm 20/20/20 Fitness</b> Registration Required	4:30pm Pilates/Yoga Blend	<b>4:00p 20/20/20 Fitness</b> Registration Required	4:30pm Pilates/Yoga Blend	<b>4:00p 20/20/20 Fitness</b> Registration Required	
<b>5:30p</b>	<b>5:45-6:30pm TRX</b> Registration required	5:30pm Zumba	<b>5:45-6:30pm TRX</b> Registration required	5:30pm Zumba		
<b>6:00p</b>	6:00pm Yoga		5:45pm Yoga	5:45pm Gentle Yin Yoga		
<b>6:15p</b>	6:15pm Spin	5:45pm Yoga All Levels	6:00pm Zumba- <b>NEW!!</b>			
<b>7:00p</b>	<b>7:15pm Adult Dance</b> 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, **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, 20/20/20 Fitness (M/W/F)**

**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.

<b>6:00-6:45am</b>	<b>M W</b>	<b>Total Body Blast</b>	<b>Jane</b>
<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	Bill/John
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>	
<b>8:30-9:15a</b>	<b>T TH</b>	<b>Circuit Class</b>	<b>Gina/Nige</b>
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
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Liisa(W) Varies(F)
<b>11:00-12:00p</b>	<b>T TH</b>	<b>BellyFit</b>	<b>Sophia</b>
		<b>Registration required</b>	

## 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 F) Sherry (W)
12:00-1:00p	M W	Building Better Bones	Jane
12:15-1:15p	M-W	Yoga	Judd (M) Paige/Linda Grace(T) Sheryl (W)
12:15-1:00p	T TH	Spin	Amy
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) Jane (F) Judd
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
<b>4:00-5:00p</b>	<b>M W F</b>	<b>20/20/20</b>	<b>Jami</b>
		<b>Registration Required</b>	
4:30-5:30p	T TH	Pilates / Yoga Blend	Jessica
5:30-6:30p	T TH	Zumba	Cerri(T) Cynthia(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	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)
<b>7:15-8:15p</b>	<b>M</b>	<b>Adult Dance Lessons</b>	<b>David Kahn</b>