



Fitness Class Schedule

Effective 1/2/2019

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	6:00am TRX 7:00am TRX Registration required both	6:00am Total Body Blast	6:00am TRX 7:00am TRX Registration required both		
7:00a		7:00am Spin		7:00am Spin		
8:00a	8:00am Low Impact Aerobics	8:30am 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	9:30am Circuit 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	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
10:45a	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
12:00pm	12:00pm Total Body Blast	11:00am BellyFit Registration required	12:00pm Total Body Blast	11:00am BellyFit Registration required	12:00pm Total Body Blast	10:30am Yoga <i>All Levels</i>
12:15p	<i>12:00pm Building Better Bones-NEW!!</i> 12:15pm Yoga	12:00p 20/20/20 Fitness Registration Required	<i>12:00pm Building Better Bones-NEW!!</i> 12:15pm Yoga	12:00pm 20/20/20 Fitness Registration Required	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	
2:30p	1:30pm Fall Prevention Using Tai Chi					
4:30p	4:00pm 20/20/20 Fitness Registration Required	4:30pm Pilates/Yoga Blend	4:00p 20/20/20 Fitness Registration Required	4:30pm Pilates/Yoga Blend	4:00p 20/20/20 Fitness Registration Required	
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 All Levels	5:45pm Yoga	5:45pm Gentle Yin Yoga		
6:15p	6:15pm Spin		6:15pm Spin			
7:00p	7:15pm Adult Dance Registration required					

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, 20/20/20 Fitness (T/TH)

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, Building Better Bones

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>	Varies
10:30-11:15a	T	Step	Lin
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Liisa(W) Varies(F)
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.

12:00-1:00p	M W F	20/20/20	Jami
		Registration required	
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)
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
4:00-5:00p	T TH	20/20/20	Jami
		Registration Required	
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
5:45-6:45p	TH	Gentle Yin Yoga	Cynde
6:00-7:15p	M	Yoga	Cynde
6:15-7:15p	M W	Spin	Linda (M) Amy/Linda (W)
7:15-8:15p	M	Adult Dance	Dave
		Registration required	