



Effective 3/1/2019

# 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><br><b>7:00am TRX</b><br>Registration required both    | 6:00am Total Body Blast  | <b>6:00amTRX</b><br><b>7:00am TRX</b><br>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><br>Registration required |
| <b>9:00a</b>   | 9:15am Keeping Fit   | 9:30am Circuit Class<br>9:00am Zumba                                   | 9:15am Keeping Fit   | 9:30amCircuit Class<br>9:00am Zumba                                 | 9:00am Yoga <i>All Levels</i>   | 9:00am Yoga<br>9:00am Spin                 |
| <b>9:30a</b>   | 9:30am Spin<br>9:30am Pilates<br>10:30am Women w/<br>Weights   | 9:30am Spin<br>9:30am Tai Chi<br>10:30am Circuit Class<br>10:30am Step | 9:30am Spin<br>9:30am Pilates/Yoga Blend<br>10:30am Women w/<br>Weights                                  | 9:30am Spin<br>9:30am Gentle Yoga<br>10:30am Circuit Class          | 9:15am Keeping Fit<br>9:30am Spin<br>10:30am Women w/<br>Weights <i>(10:45 on 3/1 only)</i> | 9:15am Step<br>10:15am Zumba               |
| <b>10:45a</b>  |  |  |  |   |   |  |
| <b>12:00pm</b> | <b>11:00am Enhance Fitness</b><br>Registration required  | <b>11:00am BellyFit</b><br>Registration required                       | <b>11:00am Enhance Fitness</b><br>Registration required  | <b>11:00am BellyFit</b><br>Registration required                    | <b>11:00am Enhance Fitness</b><br>Registration required                                     | 10:30am Yoga <i>All Levels</i>             |
| <b>12:15p</b>  | 12:00pm Total Body Blast<br>12:00pm Intro to Circuit<br>12:00pm Building Better<br>Bones<br>12:15pm Yoga | 12:15pm Yoga<br>12:15pm Spin   | 12:00pm Total Body Blast<br>12:00pm Intro to Circuit<br>12:00pm Building Better<br>Bones<br>12:15pm Yoga | 12:15pm (yoga starting<br>3/21)<br>12:15pm Spin                     | 12:00pm Total Body Blast<br><br>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<br>Using Tai Chi  |  |  |   |   |  |
| <b>4:30p</b>   |  | 4:30pm Pilates/Yoga<br>Blend   |  | 4:30pm Pilates/Yoga<br>Blend  |   |  |
| <b>5:30p</b>   | <b>5:45-6:30pm TRX</b><br>Registration required  | 5:30pm Zumba   | <b>5:45-6:30pm TRX</b><br>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><br>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**,

**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                               |
| 10:30-11:30a        | M W F       | Women With Weights           | Jami(M)<br>Liisa(W)<br>Tatiana(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)<br>Sherry (W)  |
| 12:00-1:00p       | M W        | Building Better Bones            | Jane   |
| 12:15-1:15p       | M-TH       | Yoga                             | Judd (M)<br>Paige/Linda Grace(T)<br>Sheryl (W)<br>Marie (TH )<br>Amy |
| 12:15-1:00p       | T TH       | Spin                             |  |
| 12:15-1:15p       | F          | Pilates                          | Jessica  |
| 1:00-1:45p        | M W F      | Senior Circuit                   | Laurie (M W)<br>Jane (F)<br>Judd                                     |
| 1:30-2:30p        | M          | Fall Prevention<br>Using Tai Chi |  |
| 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)<br>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)<br>Amy/Linda (W)   |
| <b>7:15-8:15p</b> | <b>M</b>   | <b>Adult Dance Lessons</b>       | <b>David Kahn</b>  |