



Effective 10/2018

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		6:00amTRX		6:00amTRX		
7:00a		7:00am TRX		7:00am TRX		
8:00a	8:00am Low Impact Aerobics	Registration required both 7:00am Spin	8:00am Low Impact Aerobics	Registration required both 7:00am Spin	8:00am Low Impact Aerobics	8:00am TRX Registration required
9:00a	9:15am Keeping Fit	9:00am Circuit Express	9:15am Keeping Fit	9:00am am Circuit Express	9:00am Yoga <i>All Levels</i>	9:00am Yoga
9:30a	9:30am Spin	9:00am Zumba	9:30am Spin	9:00am Zumba	9:15am Keeping Fit	9:00am Spin
10:00a	9:30am Pilates	9:30am Spin	9:30am Pilates/Yoga Blend	9:30am Spin	9:30am Spin	9:15am Step
		9:30am Tai Chi		9:30am Gentle Yoga		
		10:00am Circuit Plus		10:00am Circuit Plus		
		10:30am Step				
10:45a	10:45am Women w/ Weights	11:00am BellyFit	10:45am Women w/ Weights	11:00am BellyFit	10:45am Women w/ Weights	10:30am Focused Yoga
	12:00pm Total Body Blast	Registration required	12:00pm Total Body Blast	Registration required	12:00pm Total Body Blast	Registration required
12:15p	12:15pm Yoga	12:15pm Yoga	12:15pm Yoga	12:15pm Pilates	12:15pm Pilates	
	12:00pm Senior Circuit	12:15pm Spin	12:00pm Senior Circuit	12:15pm Spin	1:00pm Senior Circuit	
1:00p	1:00pm Senior Circuit		1:00pm Senior Circuit			
1:30p	1:30pm Fall Prevention Using Tai Chi	1:30pm Gentle Yoga		2:30pm Tai Chi		
2:30p						
4:30p		4:30pm Pilates/Yoga Blend		4:30pm Pilates/Yoga Blend		
		5:30pm Zumba		5:30pm Zumba		
5:45p	5:45-6:30p TRX	5:45pm Yoga All Levels	5:45-6:30p TRX	5:45pm Gentle Yin Yoga		SUNDAY 9:00a Spin 9:00a Yoga Level II
	Registration required		Registration required			
6:00p	6:00pm Yoga		5:45pm Yoga			
6:15p	6:15pm Spin		6:15pm Spin			
7:00p	7:15pm Adult Dance					
	Registration required					

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

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 Plus, Circuit Express

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/John
8:00-9:00a	M W F	Low Impact Aerobics	Mary B.
8:00-8:45a	Sat	TRX	Nige
		Registration required	
9:00-9:45a	T TH	Circuit Express	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
10:00-11:00a	T TH	Circuit Plus	Gina/Nige
10:15-11:15a	Sat	Zumba	Annette
10:30-11:30a	Sat	Focused Yoga	Varies
		Registration required	
10:30-11:15a	T	Step	Lin
10:45-11:45a	M W F	Women with Weights	Tatiana (M) Lin (W) Liisa/Tatiana(F)
11:00-12:00p	T TH	BellyFit	Paola
		Registration required	

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	Brandon (M F) Jane (W) Jane (M) Laurie (W)
12:00-12:45p	M W	Senior Circuit	Judd (M) Paige/Linda Grace(T) Sheryl (W)
12:15-1:15p	M-W	Yoga	Amy Shasta Jessica
12:15-1:00p	T TH	Spin	
12:15-1:15p	TH	Pilates	
12:15-1:15p	F	Pilates	
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	
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) 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	W	Spin	Raychel/Linda
7:15-8:15p	M	Adult Dance	Dave
		Registration required	