WEST SEATTLE Health Club "Where you belong"

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(to avoid disruption to classes offerd in this studio, late entries are not allowed) **MIND-BODY STUDIO** updated October 1, 2024

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM				**Barre Sculpt** **NEW** Summer			
9:30 AM	**Vinyasa Yoga** Janine	**Yoga** Elizabeth	**Yoga Flow** Bridget	**Yoga** Elizabeth	**Vinyasa Yoga** **NEW** Annie	**Cardio Barre** Priscilla	
10:30 AM							**Yoga** **(10:35 am)** John
11:00 AM		**Pilates with Props** Priscilla	**Pilates** Priscilla		**Pilates with Props** Priscilla	**Pilates** Priscilla	
12:00 PM	**Adult Ballet** Jessica						
5:30 PM	**Pop Pilates** Jackie		**Yoga** Melane	**Yoga Basics** Chinmayi			
6:30 PM	**Yoga** John	**NEW Hatha Yoga** Amelia					

CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8:30 AM			**Cycle Core Conditioning** Kim T			**Cycle** Teri	
9:00AM							**Cycle Core Conditioning** Lori
9:30AM		**Cycle/Sculpt-Part 1** Priscilla			**Cycle/Sculpt-Part 1** Priscilla		
5:30 PM		**Cycle** Kim T	**Cycle** Teri				

GROUP EXERCISE STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM		**Total Body Conditioning** Rhonda			**Total Body Conditioning** Rhonda		
8:15 AM						**Commit Dance Fitness** Daria	
8:30 AM		**Low Impact Tone & Sculpt** Kim M.					**POP Pilates** Brieann
9:30 AM	**Power Hour** Courtney		**Cardio/Sculpt** Priscilla	**Strength & Conditioning** Bridget		**Total Body Conditioning** Teri	**Dance Cardio Fitness** Brieann
10:00AM		**Cycle/Sculpt-Part 2** Priscilla			**Cycle/Sculpt-Part 2** Priscilla		
10:30 AM						ZUMBA Fitness Chely	**Kickboxing** Nikki
12:00PM							
4:00PM				**Kickboxing** Nikki			
4:30PM		**Kickboxing** Nikki					
5:30PM	**Total Body Conditioning** Teri	**Dance Cardio Fitness** Brieann	ZUMBA Fitness Chely	**Survivor** Teri			
6:30pm	ZUMBA Fitness Rocio	**Total Body Challenge** Sina	**HIIT** Richard	**Total Body Challenge** Sina			

PREMIER STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	**TRX BOOTCAMP** Antoinette		**TRX BOOTCAMP** Antoinette				
8:30 AM						**NEW TRX HIIT CHALLENGE** Antoinette	
10:35AM	**TRX BOOTCAMP** Antoinette			**TRX FIT** Antoinette			
5:00PM				**BOXING FUNDAMENTALS** Lynna **$35/class**			
5:30PM		**TRX BOOTCAMP** Lori					
6:30PM							

SWIMMING POOL

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00 AM		**Swim Training** Teresa	**Aqua Fitness** Leigh				
8:00 AM	**Aqua Fitness** Leigh	**Aqua Fitness** Lori		**Aqua Fitness** Scot	**Deep Water Aqua Fit** Michael		
9:00 AM	**Aqua Fitness** Lori		**Aqua Fitness** Lori		**Aqua Fitness** Scot	**Aqua Fitness** Deborah	
5:30 PM	**Aqua Fitness** Donna						
7:15 PM				**Swim Training** Sami			
		British Swim 10:00 am - 1:30 pm	**British Swim 4:00 pm - 7:00 pm**	**British Swim 4:00 pm - 7:00 pm**			**British Swim 9:00 am - 1:00 pm**
		Family Swim 3:00 pm - 7:00 pm			**Family Swim 3:00 pm - 7:00 pm**	**Family Swim 11:00 am - 3:00 pm**	