WEST SEATTLE Health Club "Where you belong"

(to avoid disruption to classes offerd in this studio, late entries are not allowed) MIND-BODY STUDIO NEW SCHEDULE STARTS 11/10/26

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	**Power Vinyasa** Michelle H			**Barre Sculpt** Kim M.			
8:00 AM						**Power Vinyasa** Bobby	
9:15 AM	**Vinyasa Flow** Melane	**Power Vinyasa** Chelsea	**Vinyasa Flow** Jenn	**Strength and Flow** Anne-Marie	**Power Vinyasa** Bobby		
9:30 AM						**Cardio Barre** Priscilla	
10:30 AM							**Power Vinyasa** Jenn
11:00 AM		**Pilates with Props** Priscilla	**Mat Pilates** Priscilla		**Pilates with Props** Priscilla	**Mat Pilates** Priscilla	
11:30 AM	**Adult Ballet** Jessica (90 min)						
5:30 PM	**Pop Pilates** Jackie			**Yoga Basics** Chinmayi			
5:45 PM			**Hatha Yoga** Melane				
6:30 PM		**Vinyasa Flow** Anna					
6:45 PM	**Power Vinyasa** John			**Yoga Sculpt** Eliana			
7:00 PM			**Yin Yoga** Michelle M.				

CYCLING STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM							
8:30 AM						**Cycle** Teri	
9:00AM							**Cycle Core Ends 10/25** Lucy
9:30AM		**Cycle/Sculpt-Part 1** Priscilla			**Cycle/Sculpt-Part 1** Priscilla		
5:30 PM		**Cycle** Kim T	**Cycle** Teri				
6:00 PM							

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		**Low Impact Tone & Sculpt** Kim M.				**Commit Dance Fitness** Daria	
8:30 AM							**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							**Cardio Kickboxing** Nikki
10:45 AM						**Pop Up Class** TBD	
11:00 AM	**$$ Functional Foundations** Zawdie		**$$ Functional Foundations** Zawdie		**$$ Functional Foundations** Zawdie		
12:00PM		**Strength and Conditioning** Bridget					
4:15PM		**Cardio Kickboxing** Nikki		**Cardio Kickboxing** Nikki			
5:30PM	**Total Body Conditioning** Teri	**Dance Cardio Fitness** Brieann	**Commit Dance Fitness** Daria	**Survivor** Teri			
6:30pm	ZUMBA Angie		**HIIT** Richard				
7:45pm		**$$ Salsa Series 101** Jim					

PREMIER STUDIO

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:00 AM	**$$ StrongHer** Jen		**TRX BOOTCAMP** Antoinette		**$$ StrongHer** Jen		
8:30 AM						**Straps and Bells** Joyce POWERED BY TRX	
9:00AM	**$$ StrongHer** Jen		**$$ StrongHer** Jen		**$$ StrongHer** Jen		
9:30AM						**$$ StrongHer** Jen	
10:00AM		**$$ Bells with Bridget** Bridget	**$$ Bells with Bridget** Bridget				
10:45AM	**TRX BOOTCAMP** Antoinette			**TRX FIT** Antoinette			
12:00PM	**$$ Bells with Bridget** Bridget						
3:00pM	**$$ StrongHer** Jen		**$$ StrongHer** Jen				
4:00PM	**$$ Muscle Development** Zawdie		**$$ Muscle Development** Zawdie		**$$ Muscle Development** Zawdie		
4:15PM							
5:15PM		**TRX BOOTCAMP** Elizabeth A.					
5:30PM	**$$ StrongHer** Jen		**$$ StrongHer** Jen				

Classes with $$$ indicates there is a charge to participate - please check with the front desk for more details

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** Maria	
12:00 PM					**Swim Training** Teresa		
5:45 PM	**Aqua Fitness** Donna						
7:15 PM				**Swim Training** Sami			
			British Swim 4:00 pm - 7:30 pm	**British Swim 4:00 pm - 7:00 pm**			**British Swim 9:00 am - 1:30 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**	