




GROUP EXERCISE CLASS SCHEDULE

September – December 2023

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
MORNING	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Sara-MPR	7-7:45 AM Maintain Your Health • Justin-G3	6:15-7 AM Sunrise Yoga Sara-MPR	7-7:45 AM Maintain Your Health • Justin-G3	
	8-8:45 AM TRX Justin-G2	8-8:45 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	8-8:45 AM MELT • Kristi-MPR	8-8:45 AM TRX Justin-G2	
	8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3				8-8:45 AM R.I.P.P.E.D. Δ Rachel-G3	8:30-9:30 AM Power Pump Jessey-G3
	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	9-10 AM Power Pump Kelli-G3	8:30-9:30 AM PiYo@ LIVE Δ Carissa-MPR	
	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM Chair Fit • Ping-MPR	9-10 AM Heavy HIIT Δ Hillary-G3	9-9:45 AM Chair Fit • Ping-MPR		
	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	9-9:45 AM TRX Justin-G2	9-9:45 AM Zumba@ Dale-G2	8:30-9:15 AM Cycle Kirsten-Cycle Rm
LATE MORNING	9-9:45 AM Cycle Pat-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-10 AM Cycle Bob-Cycle Rm	10:15-11 AM Balance and Strength Justin-G3	9-10 AM Cycle Bob-Cycle Rm	Classes are subject to change without notice. Please check YMCA website often for updates.
	10-10:30 AM Pilates • Madelyn-MPR	10-10:40 AM Yoga Lori-MPR	10-10:30 AM Pilates • Madelyn-MPR	10-10:40 AM Yoga Lori-MPR		
	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Jean-G2	10:15-11:10 AM Yoga Allie-G3	10-10:45 AM Tai Chi • Jean-G2	10:15-11:10 AM Yoga Allie-G3	
		10:50-11:30 AM Restorative Yoga Lori-MPR		10:50-11:30 AM Restorative Yoga Lori-MPR		
	11-12 PM MELT • Kristi-MPR		11-12 PM MELT • Kristi-MPR	<p>"Stress is the #1 risk factor to the health and wellbeing of people in the Walla Walla Valley." – Blue Zones Project</p> <p>Finish your stress cycle by attending a class with blue text!</p> <p>Address the Stress is a BZP community initiative. Look for the logo at multiple local stress-addressing partners!</p>	11-12 PM MELT • Kristi-MPR	
	11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3		11:20-12 PM Chair Yoga • Allie -G3	
12:10-12:55 PM Gentle Yoga • Allie -G3	12:10-12:55 PM Gentle Yoga • Allie -G3		12:10-12:55 PM Gentle Yoga • Allie -G3			
AFTERNOON	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	4:30-5:30 PM Power Pump Rebekah-G3	4:30-5:15 PM Yoga/Pilates Fusion • Lori-G3	SCHEDULE KEY Location: G3 – Gym 3 G2 – Gym 2 MPR – Multi-purpose room Class Key: • gentle Δ Advanced Ω New Class \$ Paid Class	
	5:30-6:15 PM Zumba@ Elena-G3		5:30-6:15 PM Zumba@ Elena-G3			
	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Cycle George Anne-Cycle Rm	5:30-6:15 PM Full Body HIIT Δ Madeline-G2	5:30-6:15 PM Cycle George Anne-Cycle Rm		
	5:30-6:15 PM Yoga Lori-MPR		5:30-6:15 PM Yoga Lori-MPR			
EVENING						