



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

FITNESS SCHEDULE - In-Person & Online via Zoom

Effective September 13, 2021

ZOOM CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00am-8:45am	Morning Stretch Beth		Morning Stretch Beth		Morning Stretch Beth	
10:00am-10:45am	Balance Class Tammy/Mary	Senior Strength Tara	Chair Yoga Beth	Senior Cardio Tammy	Senior Cardio & Strength Mary	
5:30pm - 6:30pm	Bootcamp Natalie					

IN-PERSON & ZOOM CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am - 10:15am		Yoga** Jennie (In-Person & Zoom)		Yoga** Jessie Lu (In-Person & Zoom)		
12:15pm - 1:00pm	Total Body Blast Mary (In-Person & Zoom)		Bootcamp Lesley (In-Person & Zoom)		Cardio Mix Natalie (In-Person & Zoom)	

IN-PERSON CLASSES						
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:15am - 10:15am						Yoga** Janessa
10:30am - 11:30am	Pedaling for Parkinson's* Tracy		Pedaling for Parkinson's* Mary		Pedaling for Parkinson's* Tracy	
1:15pm - 2:15pm		Tai Chi Qigong Lee				

In-Person = In-Person Only

INP & Z = In-Person & via Zoom

Zoom = Zoom Only

Log in to Virtual YMCA to participate in Zoom classes.
whatcomymca.org/virtual-y-login

Please, for your safety, arrive to class on time and if new to class inform the instructor.

All classes listed above are included in YMCA Membership. In-Person classes are open to non-members with the purchase of a day pass, available at the Welcome Desk.

*Registration is required for Pedaling for Parkinson's. Please contact Tracy, tdiehl@whatcomymca.org

**Yoga participants are asked to bring their own: mats, blocks, blankets, and straps. The YMCA no longer has this equipment for loan.