

IN-STUDIO CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:20am Bootcamp (Lisa)		6:30-7:20am Bootcamp (Lisa)			
		8:00-8:45am Total Body Strong 45* (Brenda)		8:00-8:45am Total Body Strong 45* (Brenda)	8:00-8:45am Total Body Strong 45* (Brenda)	
9:45-10:30am Circuit Training (Autumn)	8:30-9:15am Step (Jose)		8:30-9:15am Step (Jose)			9:00-9:50am Barre (Ivana)
	9:30-10:30am Total Body Strong 60 (Kyle)		9:30-10:30am Total Body Strong 60 (Kyle)		9:30-10:30am Total Body Strong 60 (Kyle)	
10:45-11:45am Open Yoga (Marianne)	10:45am -11:45pm YogaStrength Fusion* (Heather)			10:00-11:10am Open Yoga * (MJ)		10:15-11:15am BODYPUMP® * (Rachel)
	5:00-5:45pm Circuit Training (Ivana)	5:00-5:50pm Barre (Ivana)	5:00-5:50pm Barre (Autumn)	5:30-6:30pm BODYPUMP® * (Bryan)	5:15-6:15pm Yoga for All * (Marianne)	
	6:00-6:45pm Circuit Training (Ivana)		6:00-6:45pm Circuit Training (Emily)			
	7:00-8:00pm Open Yoga (Amanda)	6:30-7:30pm BODYPUMP® * (Joey)	7:00-8:00pm <i>Spring Awakening:</i> Hatha Yoga 3/13 (Taylor) Dance Fitness <i>Pop Up!</i> 3/20 (Malia)			Schedule Starts 3/01/2024 <i>*Denotes Hybrid</i>

** Hybrid = classes that are In-Studio and Online simultaneously*

BALLARD HEALTH CLUB

IN-STUDIO **SILVER** CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		9:30-10:30am Silver Circuit (Ivonne) Studio X		9:30-10:30am Silver Circuit (Ivonne) Studio X		
	10:00-11:00am Silver Sneakers ** at Leif Erikson Hall (Marianne)		10:00-11:00am Silver Sneakers ** at Leif Erikson Hall (Karen)		10:00-11:00am Silver Sneakers ** at Leif Erikson Hall (Ivonne)	
					12:00-1:00pm Silver PLUS * (Ivonne) Studio Y	
						Schedule Starts 3/01/2024 <i>*Denotes Hybrid</i>

** Hybrid = classes that are In-Studio and Online simultaneously*

*** Silver Sneakers Classes are included in all memberships - all other classes require a PLUS membership or pass - Thank You*

BALLARD HEALTH CLUB

CYCLING CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		6:30-7:15am Cycling (Anne-Marie)			7:00-7:45am Cycling for Beginners (Anne-Marie)	
	9:00-9:45am Cycling (Shannon)		9:00-9:45am Cycling (Shannon)			10:15-11:00am Cycling (Rotating Instructor)
	6:00-6:45pm FREE CLASS Cycling (Pat)	6:00-6:45pm Cycling (Mariah)	6:00-6:45pm Cycling (Anne-Marie)	6:00-6:45pm Cycling (Rachel)		
						Schedule Starts 3/01/2024 <i>*Unless indicated</i>

ONLINE CLASS SCHEDULE

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
9:00-10:00am Vinyasa Basics (Marianne)	8:30-9:15am Circuit Strength (Hattie)	8:00-8:45am Total Body Strong 45* (Brenda)	8:30-9:15am Circuit Strength (Hattie)	8:00-8:45am Total Body Strong 45* (Brenda)	8:00-8:45am Total Body Strong 45* (Brenda)	8:30-9:30am Vinyasa (Marianne)
	10:00-11:00am Silver PLUS (Hattie)	10:00-11:10am Open Yoga (MJ)	10:00-11:00am Silver PLUS (Hattie)	10:00-11:10am Open Yoga (MJ)		10:15-11:15am BODYPUMP® * (Rachel)
	10:45-11:45am YogaStrength Fusion (Heather)					
		12:00-1:00pm Silver Sneakers ** (Hattie)		12:00-1:00pm Silver Sneakers ** (Ivonne)	12:00-1:00pm Silver PLUS * (Ivonne)	12:00-1:00pm Silver PLUS (Chad)
	4:00-5:00pm Open Yoga (Sally)		4:00-5:00pm Open Yoga (Sally)			
		5:30-6:30pm Yoga Tune Up (Tracy)		5:30-6:30pm BODYPUMP® * (Bryan)	5:15-6:15pm Yoga for All (Marianne)	
5:30-6:30pm Yoga Wind Down (Tracy)		6:30-7:30pm BODYPUMP® * (Joey)		5:30-6:30pm Yoga Basics (Tracy)		
						Schedule Starts 3/01/2024 <i>*Unless indicated</i>

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