



BALLARD HEALTH CLUB

STUDIO X

M-F 5:30am- 10pm, S & S 8am-8pm
 www.BallardHealthClub.com
 (206) 706-4882

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:00-7:00am Rise & Shine Boot Camp (Jana)	6:30-7:30am Rise & Shine Boot Camp (Karen)	6:00-7:00am MAX-Fit (Aeron)	6:30-7:30am Rise & Shine Boot Camp (Allison)	6:30-7:30am Rise & Shine Boot Camp (Ivonne)	
	8:30-9:30am Rebel Yoga (Karen)		8:30-9:30am Rebel Yoga (Karen)		8:30-9:30am Rebel Yoga (Kirsten)	8:15-9:15am BodyPump™ (Allison)
9:30-10:30am BodyPump™ (Kuanny)	9:45-10:45am All Level Step (Jose)	9:30-10:30am Silver Plus (Ivonne) SC	9:45-10:45am Step & Tone (Jose)	9:30-10:30am Silver Plus (Ivonne) SC	9:45-10:45am All Level Step (Jose)	9:30-10:30am Zumba® (Tricia)
11:30-12:30pm Total Fitness (Chris)		10:45-11:45am Step & Tone (Galen)		10:45-11:45am Step & Tone (Galen)		11:00am-12:00pm Urban Latin Dance (Maria)
	12:15-1:15pm Cardio-Mix (Allison)	12:00-1:00pm BodyPump™ (Allison)	12:15-1:15pm Cardio-Mix (Allison)	12:00-1:00pm BodyPump™ (Allison)	12:15-1:15pm Cardio-Mix (Allison)	
	1:30-2:30pm Silver Sneakers (Ivonne) SC		1:30-2:30pm Silver Sneakers (Diane) SC		1:30-2:30pm Silver Sneakers (Ivonne) SC	
	5:15-5:45pm Ab Lab (Roxy)	5:15-6:15pm Fast Lean Fit (Lisa)	5:15-5:45pm Ab Lab (Roxy)	5:15-6:15pm Fast Lean Fit (Lisa)	5:15-6:15pm BodyPump™ (Aurora)	
	5:45-6:15pm Glute Lab (Roxy)		5:45-6:15pm Glute Lab (Roxy)			
	6:20-7:30pm BodyPump™ (Kuanny)	6:15-7:15pm Zumba Toning® (Tricia)	6:20-7:30pm BodyPump™ (Kuanny)	6:15-7:15pm Hip Hop Pop (Taylor)	6:15-7:15pm Hip Hop Pop (Taylor)	
	7:30-8:30pm Urban Latin Dance (Maria)	7:30-8:30pm BodyPump™ (Roxy)	7:30-8:30pm High Fitness (Emily)	7:30-8:30pm BodyPump™ (Roxy)		Schedule Starts 3/1/2018

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



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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	6:30-7:30am Open Yoga (Marianne)	6:30-7:30am Barre (Nazz)	6:30-7:30am Open Yoga (Heather)	6:30-7:30am Barre (Nazz)	6:30-7:30am Open Yoga (Marianne)	
8:15-9:30am Yoga Basics (Marianne)	8:00-9:00am Yoga Tune Up (Tess)	7:55-8:55am Yoga Basics (Bayeshan) PLEASE USE CHASE PARKING		7:55-8:55am Yoga Basics (Lara) PLEASE USE CHASE PARKING		8:30-9:45am Power Vinyasa Yoga (Nicole)
9:45-11:00am Yoga Basics II (Marianne)	9:30-10:30am Barre (Katie)	9:15-10:30am Open Yoga (MJ)	9:30-10:30am Barre (April)	9:15-10:30am Open Yoga (MJ)	9:30-10:30am Barre (Katie)	10:00-11:00am Pilates Based Mat (Charlene)
	11:00-12:00pm Flow Yoga (Karen)	10:45-11:45am Barre (Helen) <i>*Starting March 20</i>	11:00-12:00pm Flow Yoga (MJ)	10:45-11:45am Barre (Anna) <i>*Starting March 22</i>	11:00-12:00pm Flow Yoga (MJ)	11:10-12:00pm Barre (Lisa)
		12:00-1:00pm Flow Yoga (Karen)		12:00-1:00pm Flow Yoga (Karen)		12:15-1:15pm Myofascial Release (Helen)
4:00-5:00pm Barre (Nazz)		4:00-5:00pm Open Yoga (Sally)		4:00-5:00pm Open Yoga (David Seborer)		
5:30-7:00pm Yoga Wind Down (Tracy)	5:30-6:30pm Barre (Helen)	5:30-6:45pm Vinyasa Flow (Shuja)	5:30-6:30pm Barre (Jana)	5:30-6:45pm Vinyasa Flow (Shuja)	5:30-6:30pm Barre (Helen)	
	6:45-7:45pm Yoga Basics (Erin)	7:00pm-8:15pm Flow Yoga (Heather)	6:45-7:45pm Yoga Basics (Tracy)	7:00-8:15pm Flow Yoga (Nicole)	6:45-8:00pm Yoga Basics (Elliot)	
	8:00-9:00pm Flow Yoga (Erin)		8:00-9:00pm Yoga Tune Up (Tracy)			Schedule Starts 3/1/2018