



FALL 2017
 Olympia Downtown YMCA
 November 19th - December 31st

510 Franklin Street SE
 Olympia, WA 98501
 (360) 357-6609

	MON	TUE	WED	THU	FRI	SAT	SUN
5am	BODYPUMP Gym - Group Fitness 5:45am - 6:45am	BODYSTEP Gym - Group Fitness 5:45am - 6:45am	Indoor Cycling (RPM) Cycling Studio 5:30am - 6:30am	BODYSTEP Gym - Group Fitness 5:45am - 6:45am	BODYPUMP Gym - Group Fitness 5:45am - 6:45am		
			BODYPUMP Gym - Group Fitness 5:45am - 6:45am				
6am	Barre Fitness Studio 6am - 7am	Yoga Yoga Studio 6:45am - 7:45am	Barre Fitness Studio 6am - 7am				
7am		Tai Chi Fitness Studio 7am - 8am		Tai Chi Fitness Studio 7am - 8am			
8am	BODYFLOW Gym - Group Fitness 8:30am - 9:30am	BODYPUMP Gym - Group Fitness 8:30am - 9:30am	BODYFLOW Gym - Group Fitness 8:30am - 9:30am	BODYPUMP Gym - Group Fitness 8:30am - 9:30am	Indoor Cycling (RPM) Cycling Studio 8:30am - 9:30am	BODYSTEP Gym - Group Fitness 8:05am - 9:05am	
					BODYFLOW Gym - Group Fitness 8:30am - 9:30am		
9am	SilverSneakers Classic Gym - Group Fitness 9:45am - 10:30am	Yoga - Chair Yoga Studio 9:30am - 10:15am	SilverSneakers Classic Gym - Group Fitness 9:45am - 10:30am	Yoga - Chair Yoga Studio 9:30am - 10:15am	Senior Fitness Gym - Group Fitness 9:45am - 10:30am	Tai Chi - Beginner Fitness Studio 9am - 10am	
		SilverSneakers Circuit Gym - Group Fitness 9:45am - 10:30am		Senior Fitness Gym - Group Fitness 9:45am - 10:30am		BODYPUMP Gym - Group Fitness 9:10am - 10:10am	
						Yoga - Restorative Yoga Studio 9:30am - 10:30am	
10am		Yoga - Gentle Yoga Studio 10:30am - 11:30am	SilverSneakers Cardio Gym - Group Fitness 10:45am - 11:30am	Yoga - Gentle Yoga Studio 10:30am - 11:30am		Martial Arts - Advanced Fitness Studio 10am - 11:30am	
						BODYFLOW Yoga Studio 10:35am - 11:35am	
12pm	Total Body Fitness Fitness Studio 12:10pm - 1:10pm	Yoga Fitness Studio 12:10pm - 1:10pm	Yoga - Ashtanga Yoga Studio 12:10pm - 1:10pm	Yoga Fitness Studio 12:10pm - 1:10pm	Yoga - Ashtanga Yoga Studio 12:10pm - 1:40pm		
	BODYPUMP Gym - Group Fitness 12:10pm - 1:10pm	Total Body Fitness Gym - Group Fitness 12:10pm - 1:10pm	BODYCOMBAT Gym - Group Fitness 12:10pm - 1:10pm	BODYPUMP Gym - Group Fitness 12:10pm - 1:10pm	BODYATTACK Gym - Group Fitness 12:10pm - 1:10pm		
	Pilates Yoga Studio 12:10pm - 1:10pm						
5pm	Indoor Cycling (RPM) Cycling Studio 5:35pm - 6:35pm	BODYPUMP Gym - Group Fitness 5:35pm - 6:35pm	Indoor Cycling (RPM) Cycling Studio 5:35pm - 6:35pm	Indoor Cycling (RPM) Cycling Studio 5:35pm - 6:35pm	Pilates Yoga Studio 5:35pm - 6:35pm		
	BODYFLOW Yoga Studio 5:35pm - 6:35pm		BODYFLOW Yoga Studio 5:35pm - 6:35pm	BODYPUMP Gym - Group Fitness 5:35pm - 6:35pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.



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	MON	TUE	WED	THU	FRI	SAT	SUN
	BODYSTEP Gym - Group Fitness 5:35pm - 6:35pm		BODYATTACK Gym - Group Fitness 5:35pm - 6:35pm				
6pm			CXWORK Gym - Group Fitness 6:40pm - 7:10pm	Kung-Fu Fitness Studio 6:20pm - 7:20pm			

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