

The Wenatchee Valley Y's

October Group Exercise Schedule

Classes and instructors are subject to change at any time.
See our online fitness calendar to find up to date information.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:30-6:30am Circuit Fusion Poncho (Gym)		5:30-6:30am Circuit Fusion Poncho (Gym)		
	7:00-7:45 am Yoga Amy (MP)		7:00-7:45 am Yoga Tracy (MP)		
9:00-9:45 am Zumba Gold® Sarah (MP)		9:00-9:45 am Zumba Gold® Joleen (MP)	8:45 - 9:45 am Just Jazzin' Leslie (MP)	9:00-9:45 am Zumba Gold® Joleen (MP)	9:00-9:45 am STRONG by Zumba™ Sarah (MP) No class 10/7 (training)
9:15-10:00am Tai Chi Sal/Rosemary (Gym)	9:00-10:00am Feelin' Fit Nanette (Gym)	9:15-10:00am Tai Chi Sal/Rosemary (Gym)	9:00-10:00 am Feelin' Fit Sal (Gym)	9:00-9:45am Dance Together Kids 3-5 w/Adult Leslie (Gym)	10:00- 11:00am Yoga Cindy (MP) No class 10/7 (training)
10:30-11:15am Be Fit Nannette (Gym)		10:30-11:15am Be Fit Marjorie (Gym)		10:30-11:15 am Be Fit Leslie (Gym)	
11:00-12:00pm Pilates Paula (MP)		11:00-12:00 pm Yoga Mike/Diane (MP)		11:00-12:00 pm Yoga Mike/Diane (MP)	
12:15-1:00 pm Power Fusion Paula (MP)	12:15-1:00 pm Cycle & Core Angie (MP)	12:15-1:00 pm Power Fusion Paula (MP)	12:15-1:00 pm Cycle & Core Diane (MP)	12:15-1:00 pm Power Fusion Paula (MP)	
	4:30-5:15pm Power Toning Nannette (MP)		4:30-5:15pm Power Toning Nannette (MP)		
5:30-6:15pm STRONG by Zumba™ Sarah (Gym)	5:30-6:30pm Zumba® Elena (Gym)	5:30-6:30pm STRONG by Zumba™ Sarah (Gym)	5:30-6:30pm Zumba® Marsha (Gym)	5:30-6:15pm Family Zumba® Sarah/Brooc (Gym)	
5:30-6:30 pm Cycle Fusion Diane (MP)	5:30-6:30pm Pilates/Yoga Tricia (MP)	5:30-6:30 pm Cycle Fusion Tricia (MP)	5:30-6:30pm Pilates/Yoga Diane (MP)		
	6:45-7:45 pm Gentle Yoga Tracy (MP)				

Our Y's qualified group exercise instructors strive to create a welcoming, fun, and safe environment that encourages all fitness levels to find a balanced yet challenging workout. Our goal is to create a community atmosphere of success, connections, inclusion, and values for all who attend. We want to inspire our community to improve through making healthy life choices. Move today for a stronger tomorrow.

Members of the Y have access to these classes at no cost. Members ages 13-15 may participate in adult programs under the direct and constant supervision of a parent or adult family member over age 21. Uplift graduates may participate without parental supervision.

We want to support and help you succeed in your health and well being goals. As part of this, group exercise classes accommodate all fitness levels. The levels listed below are designed to help participants choose a class that may be a good fit for them. Registration is not required and new participants are always welcome.

Level 1 classes are for participants who are new to exercise or haven't exercised for a long time. These classes offer options to increase difficulty through weight selection and body movement.

We suggest:

Mondays/Wednesdays/Fridays

Be Fit (M/W/F 10:30 am)
Dance Together (F 9:00 pm)
Family Zumba (F 5:30 pm)
Pilates (M 11:00 -12:00)
Tai Chi (M/W 9:15 am)
Yoga (W/F 11am)
Zumba Gold (M/W/F 9 am)

Tuesdays/Thursdays/Saturdays

Feelin' Fit (T/Th 9 am)
Gentle Yoga (T 6:45pm)
Cycle & Core (T/Th 12:15 pm)
Pilates/Yoga (T/Th 5:30 pm)
Just Jazzin' (Th 8:45 am)
Yoga (T/Th 7 am)

Level 2 classes offer a wide range of levels. The instructor will provide options for beginners, intermediate and advanced levels.

We suggest:

Mondays/Wednesdays/Fridays

Cycle Fusion (M/W 5:30 pm)
Power Fusion (M/W/F 12:15pm)
Pilates (M 11:00 -12:00)
STRONG (M/W 5:30 pm)
Yoga (W/F 11am)

Tuesdays/Thursdays/Saturdays

Circuit Fusion (T/Th 5:30 am)
Cycle & Core (T/Th 12:15 pm)
Just Jazzin' (Th 8:45 am)
Power Toning (T/Th 4:30 pm)
Pilates/Yoga (T/Th 5:30 pm)
STRONG (S 9:00 am)
Zumba (T/Th 5:30 pm)

Level 3 classes are for participants looking to be physically challenged. However, instructors will give options to modify for lower intensity.

We suggest:

Mondays/Wednesdays/Fridays

Cycle Fusion (M/W 5:30 pm)
Power Fusion (W/F 12:15pm)
Pilates (M 11:00 -12:00)
STRONG (M 12:15 and W 5:30 pm)

Tuesdays/Thursdays/Saturdays

Circuit Fusion (T/Th 5:30 am)
Cycle & Core (T/Th 12:15 pm)
Power Toning (T/Th 4:30 pm)
Pilates/Yoga (T/Th 5:30 pm)
STRONG (S 9:00 am)