



# UPDATED SCHEDULE 3/4: ACCESS & ABILITY GROUP EXERCISE CLASSES

NORTH & NORTHWEST AREA FAMILY YMCAs

## ACCESS & ABILITY GROUP EXERCISE CLASSES - NORTH

TUESDAY			
Time	Class Name	Instructor	Location
11:30a-12:15p	FLEX AND BALANCE FOR ALL	BRIAN KELLOGG	GROUP EX STUDIO
3:00pm-3:45 pm	BOXING FOR ALL	SUSIE RASMUSSEN	GROUP EX STUDIO
WEDNESDAY			
Time	Class Name	Instructor	Location
10:30am-11:25am	STRENGTH FOR ALL	BRIAN KELLOGG	GROUP EX STUDIO
THURSDAY			
Time	Class Name	Instructor	Location
11:30a-12:15p	FLEX AND BALANCE FOR ALL	BRIAN KELLOGG	GROUP EX STUDIO
3:00pm-3:45pm	BOXING FOR ALL	SUSIE RASMUSSEN	GROUP EX STUDIO

## ACCESS & ABILITY AQUATICS CLASSES - NORTH

TUESDAY			
Time	Class Name	Instructor	Location
11:15am-12:00pm	AQUA DANCE PARTY	TIA/SUSIE	POOL

## ACCESS & ABILITY GROUP EXERCISE CLASSES - NORTHWEST

WEDNESDAY			
Time	Class Name	Instructor	Location
11:30am-12:15pm	CARDIO FOR ALL	SUSIE RASMUSSEN	TRACK/GROUP EX
12:15pm-1:00pm	FLEX & BALANCE FOR ALL	SUSIE RASMUSSEN	GROUP EX STUDIO
FRIDAY			
Time	Class Name	Instructor	Location
11:30am-12:15pm	CARDIO FOR ALL	SUSIE RASMUSSEN	TRACK/GROUP EX
12:15pm-1:00pm	FLEX & BALANCE FOR ALL	SUSIE RASMUSSEN	GROUP EX STUDIO

## ACCESS & ABILITY AQUATICS CLASSES - NORTHWEST

MONDAY			
Time	Class Name	Instructor	Location
11:30am-12:15pm	AQUA DANCE PARTY	TIA	POOL