

AQUATIC & FITNESS Center

2023 Winter 1 Group Fitness Schedule • January 2nd - February 3rd

AFC - Aquatic & Fitness Center • QFR - Quinault Fitness Room

*Available virtually on Zoom! Links on the Staying Fit page on KYA

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TAI CHI 8:45am (Resident Led) AFC (1 hr)	BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr)	FUNCTIONAL FITNESS* 9:00am w/Anne QFR (1 hr)	BASIC WATER FITNESS 7:30am (Resident Led) AFC (1 hr)	TAI CHI 8:45am (Resident Led) AFC (1 hr)
CHAIR YOGA* 10:00am w/Tay AFC (1 hr)	YOGA 2* 8:00am w/Charles AFC (1 hr)	CHAIR YOGA* 10:00am w/Tay AFC (1 hr)	YOGA 2* 8:00am w/Charles AFC (1 hr)	FUNCTIONAL FITNESS* 9:00am w/Anne QFR (1 hr)
AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr)	BOOTCAMP* 8:30am w/ Kim QFR (45 min)	AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr)	BOOTCAMP* 8:30am w/ Kim QFR (45 min)	CHAIR YOGA* 10:00am w/Tay AFC (1 hr)
YOGA 1* 11:15am w/Tay AFC (1 hr)	WATER AEROBICS 9:30am w/Kim AFC (1 hr)	ZUMBA GOLD 11:15am w/Tom QFR (1 hr)	WATER AEROBICS 9:30am w/ Kim AFC (1 hr)	ZUMBA GOLD 11:15am w/Tom QFR (1 hr)
QIGONG* 1:00pm w/Heather QFR (45 min)	STRETCH AND STRENGTH* 10:30am w/Marion AFC (1 hr)	YOGA 1* 11:15am w/Tay AFC (1 hr)	STRETCH AND STRENGTH* 10:30am w/Anne AFC (1 hr)	YOGA 1* 11:15am w/Tay AFC (1 hr)
PD MOVE IT! 1:00pm w/ Erin AFC (1 hr)	CHAIR PILATES* 1:00pm w/Trisha AFC (50 min)	PD MOVE IT! 12:30pm w/ Christie AFC (1 hr)	LINE DANCING 12:00pm (Resident Led) AFC (1 hr)	PD MOVE IT! 1:00pm w/ Caryn QFR (1 hr)
LINE DANCING 2:00pm (Resident Led) AFC (1 hr)	MAT PILATES* 2:00pm w/Trisha AFC (50 min)	SEATED QIGONG* 1:00pm w/ Heather QFR (45 min)	TAI JI QUAN* 2:00pm w/Brian QFR (1 hr)	CHAIR PILATES* 1:00pm w/Trisha AFC (50 min)
WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)	TAI JI QUAN* 2:00pm w/Brian QFR (1 hr)	WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)		MAT PILATES* 2:00pm w/Trisha AFC (50 min)
WEIGHT TRAINING* 3:30pm w/ Jess AFC (50 min)		WEIGHT TRAINING* 3:30pm w/ Jess AFC (50 min)		WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)

SUNDAY
WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs)

EXERCISE ORIENTATIONS
Chalet Exercise Studio
 1st Wed of each month
Aquatic & Fitness Center
 2nd Wed of each month
Quinault Exercise Studio
 3rd Wed of each month
@ 1:30pm

EXERCISE CLINICS @ AFC
Balance/Stability
 2nd Wed of Jan, Mar, May, Jul, Sep, Nov
Cable Machine/Exercise Band
 2nd Wed of Feb, Apr, Jun, Aug, Oct, Dec
@ 2:45pm

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