the YMCA

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKAGIT YMCA FITNESS CLASSES

MONDAY

Strength & Cardio HIIT: Natalie	6 am (45 min) Studio B
Aqua Strength & Stability: Crystal	7 am (45 min) Teaching Pool
Sunrise Yoga: John	7 am (1 hr) Studio A
H20 Fitness: Patty	8 am (1 hr) Teaching Pool
Pilates for All: Amy C	8 am (50 min) Studio A
Step: Robin	9 am (50 min) Studio A
Strength & Tone: Amy C.	9 am (50 min) Studio B
HIIT & Core: Stefanie	10 am (45 min) Studio A
Yoga: Amy C.	10 am (50 min) Studio B
AOA Strength: Natalie	11 am (45 min) Studio A
Mat Pilates: Kerri	4:30 pm (50 min) Studio B
Zumba: Kerri	5:30 pm (1 hr) Studio B
Zumba: Araceli	6:00 pm (1 hr) Studio A

TUESDAY

Spin: Natalie	6 am (45 min) Cycle Area
Mobility & Strength: Crystal	7 am (50 min) Studio A
Deep Water Aerobics: Casey V.	9 am (45 min) Lap Lane
Strength & Core: Stefanie	9 am (50 min) Studio A
Flow, Balance, & Strength: Robyn	9 am (50 min) Studio B
Total Body Strength:Elena	10 am (50 min) Studio B
AOA Functional Movement and Balance: Casey	11 am (50 min) Studio A
Strength & Cardio HIIT: Natalie	6 pm (45 min) Studio B

WEDNESDAY

Strength & Cardio HIIT: Natalie	6 am (45 min) Studio B
Sunrise Yoga: John	7 am (1 hr) Studio A
Aqua Strength & Stability: Crystal	7 am (45 min) Teaching Pool
H20 Fitness: Patty	8 am (1 hr) Teaching Pool
Pilates for All: Amy C	8 am (50 min) Studio A
Strength & Tone: Amy C.	9 am (50 min) Studio B
Step: Robin	9 am (50 min) Studio A
HIIT & Core: Stefanie	10 am (45 min) Studio A
Yoga: Amy C.	10 am (50 min) Studio B
AOA Strength: Natalie	11 am (45 min) Studio A
Zumba Toning: Araceli	5:00 pm (50 min) Studio A

THURSDAY

Rhythm Ride: Amy M.	6 am (45min) Cycle Area
Mobility & Strength: Crystal	7 am (50 min) Studio B
Strength & Core: Stefanie	9 am (50 min) Studio A
Deep Water Aerobics: Casey V	9 am (50 min) Lap Lane
Flow, Balance, & Strength: Robyn	9 am (50 min) Studio B
AOA Functional Movement and Balance: Casey	11 am (50 min) Studio A
Mat Pilates: Kerri	4:30 pm (50 min) Studio B
Zumba: Kerri	5:30 pm (1 hr) Studio B
Strength & Cardio HIIT: Natalie	6pm (45 min) Studio A

FRIDAY

Sunrise Yoga: John	7 am (1 hr) Studio A
Aqua Strength & Stability: Crystal	7 am (45 min) Teaching Pool
H20 Fitness: Patty	8 am (1 hr) Teaching Pool
Yoga for Back Strength: Amy C.	10 am (1.25 hrs) Studio B
AOA Functional Movement and Balance: Casey	11:10 am (50 min) Studio A
AOA Chair Yoga: Amy H	12:10 pm (50 min) Studio A

SATURDAY

Rhythm Ride: Amy M.	7:15 am (45min) Cycle Area
Mat Pilates: Kerri	8:30 am (50 min) Studio B
Barre: Amy H.	9:00 am (50 min) Studio A
Zumba: Kerri	9:30 am (1 hr) Studio B

REGISTRATION REQUIRED
Nov 2026 – Schedule subject to change without notice

SIGN UP TODAY