

AQUATIC & FITNESS Center

2023 Summer 1 Group Fitness Schedule • June 19th - July 21st



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) |
| WATER AEROBICS 10:00am w/Rosanna AFC (50 min) | BOOTCAMP* 8:30am w/ Kim QFR (45 min) | WATER AEROBICS 10:00am w/Rosanna AFC (50 min) | BOOTCAMP* 8:30am w/ Kim QFR (45 min) | CHAIR YOGA* 10:00am w/Tay AFC (1 hr) |
| AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) | AQUA FIT 9:30am w/Kim AFC (1 hr) | TJQMBB* 10:15am w/ Steve QFR (1 hr) | AQUA FIT 9:30am w/ Kim AFC (1 hr) | WATER AEROBICS 10:00am w/Rosanna AFC (50 min) |
| YOGA 1* 11:15am w/Tay AFC (1 hr) | SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr) | AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) | SIMPLIFIED TAI CHI 9:30am (Resident Led) QFR (1 hr) | TJQMBB* 10:15am w/Steve QFR (1 hr) |
| QIGONG* 1:00pm w/Heather QFR (45 min) | STRETCH AND STRENGTH* 10:30am w/Marion AFC (1 hr) | ZUMBA GOLD 11:15am w/Tom QFR (1 hr) | STRETCH AND STRENGTH* 10:30am w/Anne AFC (1 hr) | ZUMBA GOLD 11:15am w/Tom QFR (1 hr) |
| PD MOVE IT! 1:00pm w/ Erin AFC (1 hr) | CHAIR PILATES* 1:00pm w/Trisha AFC (50 min) | YOGA 1* 11:15am w/Tay AFC (1 hr) | LINE DANCING 12:00pm (Resident Led) AFC (1 hr) | YOGA 1* 11:15am w/Tay AFC (1 hr) |
| LINE DANCING 2:00pm (Resident Led) AFC (1 hr) | MAT PILATES* 2:00pm w/Trisha AFC (50 min) | PD MOVE IT! 12:30pm w/ Christie AFC (1 hr) | | AQUA ZUMBA 11:30am w/Rosanna AFC (1 hr) |
| WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min) | DANCE W/ WALKER 3:00pm (Resident Led) QAUD (1 hr) | SEATED QIGONG* 1:00pm w/ Heather QFR (45 min) | | CHAIR PILATES* 1:00pm w/Trisha AFC (50 min) |
| WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) | | WEIGHT TRAINING* 2:30pm w/ Andrew QFR (50 min) | | MAT PILATES* 2:00pm w/Trisha AFC (50 min) |
| | | WATER VOLLEYBALL 3:30pm (Resident Led) AFC (1.5 hrs) | | 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