

AQUATIC & FITNESS Center

Fall 1 Group Fitness Schedule • September 29th - October 31st

AFC - Aquatic & Fitness Center • QFR - Quinault Fitness

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
TAI CHI 8:45a (Resident Led) AFC (1 hr)	BASIC WATER FITNESS 7:30a (Resident Led) AFC (1 hr)	QIGONG* 9:00a w/ Heather C AFC (45 min)	BASIC WATER FITNESS 7:30a (Resident Led) AFC (1 hr)	TAI CHI 8:45a (Resident Led) AFC (1 hr)
SEATED TAI CHI 9:30a (Resident Led) QFR (45 min)	YOGA 2* 8:00a w/Kris AFC (1 hr)	CHAIR YOGA* 10:00a w/Tay AFC (1 hr)	YOGA 2* 8:00a w/Kris AFC (1 hr)	SEATED TAI CHI 9:30a (Resident Led) QFR (45 min)
CHAIR YOGA* 10:00a w/Tay AFC (1 hr)	BOOTCAMP* 8:30a w/ Kim QFR (45 min)	WATER AEROBICS 10:00a w/Rosanna AFC (50 min)	BOOTCAMP* 8:30a w/ Kim QFR (45 min)	CHAIR YOGA* 10:00a w/Tay AFC (1 hr)
WATER AEROBICS 10:00a w/Rosanna AFC (50 min)	AQUA FIT 9:30a w/Kim AFC (1 hr)	PD MOVE IT! 10:00a w/ Chelsee QFR (50 min)	AQUA FIT 9:30a w/ Kim AFC (1 hr)	WATER AEROBICS 10:00a w/Rosanna AFC (50 min)
YOGA 1* 11:15a w/Tay AFC (1 hr)	SIMPLIFIED TAI CHI 9:30a (Resident Led) QFR (1 hr)	YOGA 1* 11:15a w/Tay AFC (1 hr)	SIMPLIFIED TAI CHI 9:30a (Resident Led) QFR (1 hr)	YOGA 1* 11:15a w/Tay AFC (1 hr)
AQUA ZUMBA 11:30a w/Rosanna AFC (1 hr)	STRETCH AND STRENGTH* 10:30a w/Marion AFC (1 hr)	AQUA ZUMBA 11:30a w/Rosanna AFC (1 hr)	STRETCH AND STRENGTH* 10:30a w/Marion AFC (1 hr)	AQUA ZUMBA 11:30a w/Rosanna AFC (1 hr)
FUNCTIONAL FITNESS* 11:30a w/Andrew QFR (50 min)	TAI JI QUAN MBB* 12:00p w/ Walt QFR (1 hr)	FUNCTIONAL FITNESS* 11:30a w/Andrew QFR (50 min)	TAI JI QUAN MBB* 12:00p w/ Walt QFR (1 hr)	FUNCTIONAL FITNESS* 11:30a w/Andrew QFR (50 min)
PD MOVE IT! 1:00p w/ Erin AFC (1 hr)	LINE DANCING (1A) 12:00p (Resident Led) AFC (45 min)	ADAPTIVE DANCE 1:15p w/ Winnie QFR (1 hr)	LINE DANCING (1A-G) 12:00p (Resident Led) AFC (1 hr)	CHAIR PILATES* 1:00p w/Trisha AFC (50 min)
LINE DANCING (1A-C) 2:00p (Resident Led) AFC (1 hr)	CHAIR PILATES* 1:00p w/Trisha AFC (50 min)	SUSPENSION TRAINING 1:30p w/ Andrew AFC (50 min)		MAT PILATES* 2:00p w/Trisha AFC (50 min)
WEIGHT TRAINING* 2:30p w/ Andrew QFR (50 min)	MAT PILATES* 2:00p w/Trisha AFC (50 min)	WEIGHT TRAINING* 2:30p w/ Andrew QFR (50 min)		WATER VOLLEYBALL 3:30p (Resident Led) AFC (1.5 hrs)
WATER VOLLEYBALL 3:30p (Resident Led) AFC (1.5 hrs)		WATER VOLLEYBALL 3:30p (Resident Led) AFC (1.5 hrs)		
			SUNDAY WATER VOLLEYBALL 3:30p (Resident Led) AFC (1.5 hrs)	SATURDAY SUSPENSION TRAINING 11:30a w/ Andrew AFC (50 min)
				WATER VOLLEYBALL 3:30p (Resident Led) AFC (1.5 hrs)