



Beaverton Family YMCA | February 23rd - March 1st

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Circuit Fitness Center Gym (YDC)	6:00AM-6:50AM (Strength) <i>Rocky H.</i>		6:00AM-6:50AM (Strength) <i>Rocky H.</i>		6:00AM-6:50AM (Strength) <i>Rocky H.</i>		
BoxMaster Circuit Fitness Center Gym (YDC)	7:00AM-7:50AM (Cardio) <i>Rocky (.</i>		7:00AM-7:50AM (Cardio) <i>Rocky (.</i>		12:00PM-12:50PM (Cardio) <i>Rocky H.</i> 5:00PM-5:50PM (Cardio) <i>Rocky H.</i>		
Open Gym Court 1	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	8:00AM-9:00PM (Gym)	9:00AM-1:00PM (Gym)	
REV+FLOW by REFIT® Fitness Center Yellow Studio	9:00AM-9:50AM (Cardio & Strength) <i>Megan R.</i>		9:00AM-9:50AM (Cardio & Strength) <i>Megan R.</i>				
Seniors on Strength Fitness Center Yellow Studio	10:00AM-10:50AM (Strength) <i>Rocky H.</i>	10:00AM-10:50AM (Strength) <i>Rachael P.</i>	10:00AM-10:50AM (Strength) <i>Gavin B.</i>	10:00AM-10:50AM (Strength) <i>Rachael P.</i>	10:00AM-10:50AM (Strength) <i>Gavin B.</i>		
Circuit Fitness Center	5:15PM-6:00PM (Strength) <i>Ashland C.</i>		5:15PM-6:00PM (Strength) <i>Ashland C.</i>		5:15PM-6:00PM (Strength) <i>Ashland C.</i>		
Yoga Fitness Center Yellow Studio	6:00PM-6:50PM (Mind & Body) <i>Lauryl L.</i>						
Cardio Strength Fitness Center Gym (YDC)		9:00AM-9:50AM (Strength) <i>Rachael P.</i>		9:00AM-9:50AM (Strength) <i>Rachael P.</i>			
REFIT® Dance Fitness Fitness Center Yellow Studio		9:00AM-9:50AM (Cardio) <i>Megan R.</i>		9:00AM-9:50AM (Cardio) <i>Megan R.</i>			
Open Run Basketball Courts 1&4		11:45AM-1:15PM (Adult Sports)		11:45AM-1:15PM (Adult Sports)			
Barre Fitness Center Yellow Studio		5:15PM-6:00PM (Mind & Body) <i>YMCA S.</i>		5:15PM-6:00PM (Mind & Body) <i>YMCA S.</i>			
Zumba® Dance Fitness Fitness Center Yellow Studio		6:15PM-7:00PM (Cardio) <i>YMCA S.</i>		6:15PM-7:00PM (Cardio) <i>YMCA S.</i>			

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Yoga Fitness Center Blue Studio			7:00AM-7:50AM (Mind & Body) <i>Kimberly S.</i>		10:00AM-10:50AM (Mind & Body) <i>Julia S.</i>		
HIIT/Bootcamp Fitness Center Gym (YDC)			9:00AM-9:50AM (Cardio & Strength) <i>Rachael P.</i>				
Power Yoga Fitness Center Yellow Studio			6:00PM-6:50PM (Strength) <i>Lauryn L.</i>				
Mobilty Flow Fitness Center Blue Studio			7:00PM-7:50PM (Mind & Body) <i>Lauryn L.</i>				
Chair Yoga Fitness Center Yellow Studio					11:00AM-11:50AM (Mind & Body) <i>Julia S.</i>		