CAC - SILVER LAKE GROUP EX SCHEDULE NOVEMBER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
	Yoga Flow 5:45-6:45am Helen Mind/Body Studio		**Bootcamp** 5:45-6:45am Jenna GX Studio			
Water Aerobics 8:15am-9:15am Dot Indoor Pool				**Water Aerobics** 8:15am-9:15am Bari Indoor Pool		
Vinyasa Yoga 9:15-10:15am Carmen Mind/Body Studio	**Group Core** 9:30-10:00am Chrissy, GX Studio	**MELT Method** 8:00-9:00am Rayna GX Studio	**Group Core** 9:30-10:00am Chrissy, GX Studio	**Group Ride** 9:00-10:00am Chrissy/Dot Cycle Studio	**Group Power** 9:00-10:00am Mary GX Studio	**Group Ride** 9:00-10:00am Jenna Cycle Studio
Group Power 9:30-10:30am Dot GX Studio	**Hot Power Yoga** 9:30-10:30am Lauren/Rotating Instructor Mind/Body Studio	**Group Power** 9:30-10:30am Chrissy GX Studio	**Hot Power Yoga** 9:30-10:30am Lauren Mind/Body Studio	**Vinyasa Yoga** 9:15-10:15am Carmen/Cheryl Mind/Body Studio	**Hot 26 Yoga** 9:30-10:30am Rox Mind/Body Studio	**Group Centergy** 10:15-11:15am Jenna Mind/Body Studio
	H.I.I.T. 30 10:10-10:40am Chrissy, GX Studio	**Yin Yoga** 9:30-10:30am Marni Mind/Body Studio	**R30** 10:10-10:40am Chrissy, Cycle Studio	**Group Power** 9:30-10:30am Bari GX Studio	**Group Blast** 10:15-11:15am Mary GX Studio	
			Group Blast 10:10-11:10am Bari GX Studio		**Intro to Yoga & Meditation** 11:00-12:00pm Helen Mind/Body Studio	
	Aqua Motion 1:15-2:15pm Dot Indoor Pool		**Aqua Motion** 1:15-2:15pm Dot Indoor Pool			
Group Core 5:00-5:30pm Mary, GX Studio	**Group Power** 5:15-6:15pm Mary GX Studio	**Group Blast** 5:00-6:00pm Veronica GX Studio	**Group Power** 5:15-6:15pm Mary GX Studio			
Group Blast 5:40-6:40pm Mary GX Studio		**Group Power** 6:10-7:10pm Dot GX Studio	**Group Ride & Abs** 6:30-7:30pm Bari Cycle Studio			
Yoga Flow 6:30-7:30pm Dani Mind/Body Studio	**Zumba** 6:30-7:30pm Lindsay GX Studio	**Hot Power Yoga** 7:00-8:00pm Angela Mind/Body Studio	**Heated Yoga Flow** 6:30-7:30pm Dani Mind/Body Studio			
	Water Aerobics 7:10pm-8:10pm Kelly Indoor Pool	**Water Aerobics** 7:10pm-8:10pm Kelly Indoor Pool				

This schedule offers Group Exercise, Cycle, and Mind/Body classes.

While most classes are now free with your membership, all classes require advanced sign-ups to stay within safe capacities.

To sign up for classes, please call the Front Desk at (425) 745-1617.

COLUMBIA athletic clubs

Columbia Athletic Clubs - Silver Lake • 505 128th Street SE • Everett, WA 98208 • 425.745.1617