

# Fitness Pass Classes

## DEC 19 - DEC 31, 2016

# LAND

MON Dec 19 & Dec 26	TUES Dec 20 & Dec 27	WED Dec 21 & Dec 28	THUR Dec 22 & Dec 29	FRI Dec 23 & Dec 30	SAT (closed Dec 24) & Dec 31
<small>GROUP</small> <b>CENTERGY</b> 5:45am	<small>GROUP</small> <b>POWER</b> 5:45am	<small>GROUP</small> <b>BLAST</b> 5:45am	<small>GROUP</small> <b>POWER</b> 5:45am	<small>GROUP</small> <b>CENTERGY</b> 5:45am	<small>GROUP</small> <b>POWER</b> 7:45am
<b>Enhance Fit 62+</b> Intermediate 8:45am Advanced 10:00am		<b>Enhance Fit 62+</b> Intermediate 8:45am Advanced 10:00am		<b>Enhance Fit 62+</b> Intermediate 8:45am Advanced 10:00am	<small>GROUP</small> <b>fight</b> 9:00am
<small>GROUP</small> <b>POWER</b> 12:15pm	<small>GROUP</small> <b>CENTERGY</b> 12:15pm	<small>GROUP</small> <b>POWER</b> 12:15pm	<small>GROUP</small> <b>BLAST</b> 12:15pm	<small>GROUP</small> <b>POWER</b> 12:15pm	<b>ZUMBA</b> 10:00am
<b>ZUMBA</b> 1:30pm		<b>ZUMBA</b> 1:30pm	<small>GROUP</small> <b>CENTERGY</b> 1:30pm	<small>GROUP</small> <b>fight</b> 1:30pm	<b>SUN</b> Dec 25 & Jan 01  <b>CLOSED</b>
<small>GROUP</small> <b>BLAST</b> 4:15pm					
<b>Pump It Up!</b> 5:30pm	<small>GROUP</small> <b>BLAST</b> 5:30pm	<b>Pump It Up!</b> 5:30pm	<small>GROUP</small> <b>fight</b> 5:30pm		
<small>GROUP</small> <b>POWER</b> 6:40pm	<b>ZUMBA</b> 6:40pm	<small>GROUP</small> <b>fight</b> 6:40pm	<small>GROUP</small> <b>POWER</b> 6:40pm	Detailed information is available at: 425-670-5732   <a href="http://www.PlayLynnwood.com">www.PlayLynnwood.com</a> Rec Center Closed: Dec 24, Dec 25, Jan 1 (Pools and Sauna closed Jan 1-8) Winter Programs begin January 2, 2017	
<small>GROUP</small> <b>CENTERGY</b> 7:50pm	<small>GROUP</small> <b>fight</b> 7:50pm	<small>GROUP</small> <b>CENTERGY</b> 7:50pm	<b>ZUMBA</b> 7:50pm		

### GROUP **POWER**

This 60 minute barbell program strengthens all your major muscles in an inspiring, motivating group environment, with fantastic music and awesome instructors. With simple, athletic movements such as squats, lunges, presses and curls, Group Power is for all ages and fitness levels. Discover results, discover Group Power!

### GROUP **CENTERGY**

Redefine yourself with Group Centergy®. Grow longer and stronger in this invigorating 60-minute mind-body workout. Group Centergy incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Take the time to Center Your Energy with Group Centergy.

### GROUP **fight**

Group Fight™ is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! FIGHT FOR IT!

### GROUP **BLAST**

Group Blast is 60 minutes of cardio training that uses The STEP in highly effective, athletic ways. It will get your heart pounding and sweat pouring as you improve your fitness, agility, coordination, and strength with exciting music and group energy. HAVE A BLAST!

### **Pump It Up!**

Ready to exercise, but don't know where to start? A circuit style group workout that utilizes the most effective training techniques to help you achieve better core strength, balance, endurance, and a revved up metabolism. Adaptable to most fitness levels.

### **ZUMBA**

ZUMBA® has become one of the fastest growing dance-based fitness workouts fusing Latin rhythms with easy to follow moves. Burn calories and body fat, and tone and sculpt your body. 'Ditch the workout! Join the Party!' Bring a towel and bottled water.

### **Enhance Fitness Classes**

The National Enhance Fitness Program is a series of specially designed and tested exercises developed specifically for older participants. Instructors are trained and certified. Open to ages 62+ and free to Group Health members. Call 425-670-5050 or stop by the Senior Center for details.

# Fitness Pass Classes DEC 19 - 31, 2016

# WATER

<b>MON</b> Dec 19 & Dec 26	<b>TUES</b> Dec 20 & Dec 27	<b>WED</b> Dec 21 & Dec 28	<b>THUR</b> Dec 22 & Dec 29	<b>FRI</b> Dec 23 & Dec 30	<b>SAT</b> (closed Dec 24) Dec 31
<b>River</b> 5:45am	<b>River</b> 5:45am	<b>River</b> 5:45am	<b>River</b> 5:45am	<b>River</b> 5:45am	<b>River</b> 7:05am
<b>River</b> 8:00am		<b>River</b> 8:00am		<b>River</b> 8:00am	<b>Deep</b> 8:10am
<b>Deep</b> 9:15am	<b>Deep</b> 9:15am	<b>Deep</b> 9:15am	<b>Deep</b> 9:15am	<b>Deep</b> 9:15am	
<b>River 62+ yrs</b> 10:30am	<b>River 62+ yrs</b> 10:30am	<b>River 62+ yrs</b> 10:30am	<b>River 62+ yrs</b> 10:30am	<b>River 62+ yrs</b> 10:30am	<b>SUN</b> Dec 25 & Jan 01
<b>Gentle</b> 12:00pm	<b>Gentle</b> 12:00pm	<b>Gentle</b> 12:00pm	<b>Gentle</b> 12:00pm	<b>Gentle</b> 12:00pm	<b>CLOSED</b>
<b>Shallow &amp; Deep</b> 7:00pm		<b>Shallow &amp; Deep</b> 7:00pm		Recreation Center and Pools CLOSED: Sat Dec 24, Sun Dec 25, Sun Jan 01 All pools and sauna CLOSED: Sun Jan 01 - Sun Jan 08, 2017 Winter program schedule for the Pools begins Monday, January 09, 2017.	
<b>Adult Swim Club</b> 8:00pm - 9:30pm	<b>Shallow &amp; Deep</b> 8:30pm	<b>Adult Swim Club</b> 8:00pm - 9:30pm	<b>Shallow &amp; Deep</b> 8:30pm		

## Shallow Water Fitness

While training all the major muscle groups against the water's resistance, you will receive a calorie-burning workout. Classes are held in the shallow end of the lap pool.

## Deep Water Fitness

Zero joint impact with maximum resistance without touching the bottom of the pool. Exercises are performed with flotation equipment with a focus on core strength, cardio intensity and range of motion. Classes held in deep water.

## River Fitness

Utilize the current of the River for increased resistance. Depth is 3.5 feet; perfect for those looking for a new kind of challenge. Great for cross training, burning calories, and achieving body-energizing results.

## 62+ River Water Fitness

A class time designed especially for those ages 62+. Enjoy the camaraderie and fun these classes offer while receiving a low impact cardio workout. Join us in the River and walk away feeling energized.

## Gentle Fitness

Combining the warmth of the Wellness Pool with gentle movements will help you relieve pain and stiffness as well as increase joint flexibility. Low-key workouts are great for those recovering from injury or just trying to relieve aches and pains of everyday life.

## Adult Swim Club

Coached fitness program designed for swimmers looking for quality workouts, individualized technique instruction, and stroke improvement. For fitness or Masters Competition, each swimmer has the opportunity to improve and work towards personal swimming goals. You will need endurance enough to swim 100 yards of crawlstroke comfortably.