






Fitness Room Schedule

Sept 20 - December 31, 2021

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am	<small>GROUP</small> fight 5:40am	<small>GROUP</small> POWER 5:40am		<small>GROUP</small> CENTERGY 7:45am
					<small>GROUP</small> fight 9:00am
ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	ZUMBA 11:00am
*  Stay Active & Independent for Life (SAIL) 11:10am	<small>GROUP</small> ACTIVE 11:00am	*  Stay Active & Independent for Life (SAIL) 11:10am	<small>GROUP</small> ACTIVE 11:00am	*  Stay Active & Independent for Life (SAIL) 11:10am	
		Baby & Me 12:30pm Room 102			
	* Taekwondo		* Taekwondo		SUNDAY
	* Taekwondo	<small>GROUP</small> POWER 5:40pm	* Taekwondo		
	* <i>Social Dancing</i>	<small>GROUP</small> CENTERGY 6:50pm	ZUMBA 7:00pm		
* <i>Social Dancing</i>	* <i>Social Dancing</i>	* <i>Social Dancing</i>			

GROUP
ACTIVE

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+

GROUP
CENTERGY

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes

Gentle
Yoga

Gentle Yoga will teach the basic foundations of yoga poses. In class alignment, strengthen and flexibility will be taught. Breathing techniques and meditation are also included. In this class the yoga flow will be simple, repetitive, and focus on ease of movement. Ages 13+

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! Ages 13+

GROUP
POWER

Group Power™ combines squats, lunges, presses and curls with functional integrated exercises. Ages 13+

ZUMBA

ZUMBA® is a 60 min Latin infused dance-based workout. Ages 13+

Baby & Me

Bring your little one for some baby bodyweight exercises, dancing, and stretching. This 30 minutes class will include kid friendly music indoor and/or outdoor movement. Adults should bring a baby carrier or stroller. Designed for Babies 2 and under.

If you would like to join the email cancellation list, please sign up in the fitness studio or email aearvin@lynnwoodwa.gov

***Registration is required for these classes, please see front desk.**