

# Fitness Room Schedule

June 27 - Sept 4, 2022

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	Boot Camp 5:40am		Boot Camp 5:40am		GROUP CENTERGY® 7:45am
					GROUP ACTIVE® 9:00am
ZUMBA® 10:00am	* ZUMBA® gold 9:00am	ZUMBA® 10:00am	* ZUMBA® gold 9:00am	ZUMBA® 10:00am	ZUMBA® 10:10am
* ENHANCE FITNESS® 11:10am	GROUP ACTIVE® 11:00am	* ENHANCE FITNESS® 11:10am	GROUP ACTIVE® 11:00am	* ENHANCE FITNESS® 11:10am	
	* Taekwondo		* Taekwondo		SUNDAY
GROUP fight™ 5:40pm	* Taekwondo	GROUP POWER™ 5:40pm	* Taekwondo	* Social Dancing	
GROUP CENTERGY® 6:50pm		GROUP CENTERGY® 6:50pm	ZUMBA® 7:10pm	* Social Dancing	
	* Social Dancing			* Social Dancing	

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

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+

*If you would like to join the email cancellation list, please sign up in the fitness studio or email [aeearvin@lynnwoodwa.gov](mailto:aeearvin@lynnwoodwa.gov)*

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