








Fitness Drop-In Schedule

April 6 - June 21, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Full Body strength 6:00am	<small>GROUP</small> CENTERGY 6:00am	<small>GROUP</small> POWER 6:00am	<small>GROUP</small> CENTERGY 6:00am		<small>GROUP</small> CENTERGY 7:45am
TRX 7:30am		TRX 7:30am			<small>GROUP</small> fight 9:00am
 ZUMBA fitness 10:00am	<small>GROUP</small> ACTIVE 10:10am	 ZUMBA fitness 10:00am	<small>GROUP</small> ACTIVE 10:10am	 ZUMBA fitness 10:00am	<small>Vinyasa Flow</small> Yoga 11:15am
<small>GROUP</small> POWER 12:30pm	 <small>GROUP</small> CORE 11:15am				
<small>GROUP</small> fight 5:40pm	<small>Vinyasa Flow</small> Yoga 12:00pm	<small>GROUP</small> POWER 5:40pm	<small>Vinyasa Flow</small> Yoga 12:00pm*		SUNDAY
 <small>GROUP</small> CORE 6:45pm		<small>GROUP</small> CENTERGY 6:50pm	 ZUMBA fitness 7:10pm*		 ZUMBA fitness 9:45am
<small>GROUP</small> CENTERGY 7:20pm*					

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 *30/60 minutes. Ages 13+

 GROUP
CORE

Group Core is your athletic 360-degree firm foundation builder that will make you stronger, quicker, and faster in all you do. The 30-minute workout will strengthen your body, shoulders to hips, front to back, and side to side, which can also reduce back pain and help you move with ease in real life. Bring a light towel at least 30in. 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+

Full Body strength

Full Body Strength is a total body workout using barbells, a bench, and a mat. In this class, the primary focus will be on form and alignment, and building strength and endurance. (all levels) Ages 13+

GROUP
POWER

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

TRX

TRX® is a suspended training system using bodyweight in a circuit style workout. Ages 13+

Vinyasa Flow
Yoga

Vinyasa is a 60/75* min yoga class where postures flow smoothly from one move to another, seamlessly, using breath. Ages 13+

 **ZUMBA**
fitness

ZUMBA® is a *50/60 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
Lynnwood_Rec@LynnwoodWA.gov*