








Fitness Drop-In Schedule

January 2 - March 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	<small>GROUP</small> POWER 6:00am		<small>GROUP</small> POWER 6:00am		<small>GROUP</small> CENTERGY 7:45am
TRX 7:30am		TRX 7:30am			<small>GROUP</small> fight 9:00am
 10:00am		 10:00am		 10:00am	 10:10am
	<small>GROUP</small> ACTIVE 10:10am		<small>GROUP</small> ACTIVE 10:10am		<small>Vinyasa Flow</small> Yoga 11:10am
			<small>Vinyasa Flow</small> Yoga 11:15am		
<small>GROUP</small> fight 5:40pm		<small>GROUP</small> POWER 5:40pm			SUNDAY
<small>GROUP</small> CENTERGY 6:50pm	 7:10pm	<small>GROUP</small> CENTERGY 6:50pm	 7:10pm		 9:45am

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+

the
bootybarre
pilates + dance + yoga + balance

Booty Barre is a fun, energetic workout that fuses technique from dance, pilates, fitness and yoga that will define and strengthen the whole body." Ages 13+

GROUP
CENTERGY

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

Super Circuit

Super Circuit. It'll be a fierce, full body cardio and strength workout set to fun music. We'll use everything from weights to TRX to kickbox moves and more! Ages 13+

TRX

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

Vinyasa Flow
Yoga

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


ZUMBA
fitness

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
Lynnwood_Rec@LynnwoodWA.gov*