








# Fitness Drop-In Schedule

Oct 29 - Dec 31, 2023

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