
















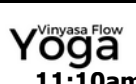




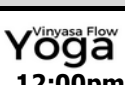












# Fitness Room Schedule

January 2 - April 5, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 6:00am	 6:00am	 6:00am	 6:00am	 6:00am	 7:45am
 7:30am		 7:30am			 9:00am
 10:00am		 10:00am			 10:10am
R  11:10am	 10:10am	R  11:10am	 10:10am	 10:00am	 11:10am
 12:30pm	 11:15am			R  11:10am	
	 12:00pm		 12:00pm*		<b>SUNDAY</b>
 5:40pm	R 	 5:40pm	R 		 9:45am
 6:45pm	R 	 6:50pm	 7:10pm*		
 7:20pm*					



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™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within \*30/60 minutes Ages 13+



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



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



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



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