


Facility Hours: Monday through Thursday 5am - 10pm, Friday 5am - 8pm, Saturday and Sunday 8am - 5pm

Telephone: 206-224-9000

Effective January 2012

All classes are 50 minutes unless otherwise specified.
New schedules are distributed the first Monday of every month.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	6:00	Cycle* (B/I/A) <i>Dr. Chad</i>	Cycle* (B/I/A) <i>Katie</i>	Cycle* (B/I/A) <i>Dr. Chad</i>	Cycle* (B/I/A) <i>Christine D.</i>		
	10:00					Boot Camp (B/I/A) <i>Joe</i>	
	11:05	Aidan's Boot Camp (I/A) <i>Aidan</i>	Zumba® (B/I/A) <i>Connie</i>	Core Fitness (B/I/A) <i>Aidan</i>	Zumba® (B/I/A) <i>Connie</i>	Aidan's Boot Camp (I/A) <i>Aidan</i>	
Afternoon/Evening	12:00	TRX \$\$ (B/I/A) <i>Wes</i>	Cardio Boxing Boot Camp \$\$ (B/I/A) <i>Stephanie</i>	TRX \$\$ (B/I/A) <i>Wes</i>	Cardio Boxing Boot Camp \$\$ (B/I/A) <i>Stephanie</i>	TRX \$\$ (B/I/A) <i>Wes</i>	
	12:10	Cycle* (B/I/A) <i>Morgan</i>	Cycle* (B/I/A) <i>Aina</i>	Cycle* (B/I/A) <i>Chuck</i>	Cycle* (B/I/A) <i>Aina</i>	Cycle* (B/I/A) <i>David</i>	
	1:10	Yoga (B/I/A) <i>Laura</i>	Pilates (B/I/A) <i>Jo</i>	Yoga (B/I/A) <i>Tracy</i>	Pilates (B/I/A) <i>Jo</i>	Yoga (B/I/A) <i>Ga-Hsin</i>	
	5:10	Kickboxing (B/I/A) <i>Tessa</i>		Kickboxing (B/I/A) <i>Tessa</i>		Please call the club for cancellations due to weather: 206-224-9000 	
	5:30		Yoga Level 2 (I/A) <i>Laura (75 min.)</i>		Yoga Level 2 (I/A) <i>Laura (75 min.)</i>		
	6:00	TRX \$\$ (B/I/A) <i>Wes</i>		TRX \$\$ (B/I/A) <i>Wes</i>		TRX \$\$ (B/I/A) <i>Wes</i>	

B=Beginner, I=Intermediate, A=Advanced

***Sign-up required at the front desk up to 3 days in advance.**

\$\$ - Requires fee; Please sign up at front desk.

Boot Camp - Fundamental full-body strength and cardio conditioning class using hand weights, barbells, resistance bands, and platforms. This class will improve your muscular contour, coordination, active and elite performance. Prior conditioning recommended for those with no exercise history.

Core Fitness - A high-energy cardio and core workout for participants of all levels. Blast away calories and rev up your metabolism!

Cycle* - An all-level cardio and endurance workout on a stationary bike: The best sweat you'll ever get!

Kickboxing - A fast paced, fun, high energy workout. Improve coordination while challenging the body; Raise the heart rate and blast calories, all while working the core muscles and toning the body as a whole.

Pilates - A mat class that moves through series of exercise that strengthen and stretch the core and realign the spine.

TRX \$\$ - A suspension training program that uses your own bodyweight to challenge both stabilizing and primary muscle groups.

Every class builds true functional strength while improving flexibility, balance, and core stability.

Yoga - Based on the ancient technique: Postures that focus on breathing, balance, strength, flexibility and relaxation.

Zumba® - Latin moves and energetic music make this cardio workout a blast! No experience required!

Classes must maintain an average of 8 participants to remain on the summer schedule and an average of 10 participants to remain on the fall, winter and spring schedules.