

Category	Program	Description	Duration	Intensity	Results
STRENGTH	LES MILLS BODYPUMP	BODYPUMP® is a weights class for absolutely everyone. Using light to moderate weights with lots of repetition (reps), BODYPUMP gives you a total body workout that burns lots of calories	55'	Moderate to High Intensity	<ul style="list-style-type: none"> Increases strength and endurance Tones & Shapes Helps maintain bone health
CARDIO	LES MILLS BODYCOMBAT	BODYCOMBAT® is a martial-arts inspired full-body workout that fuels cardio fitness and leaves you feeling empowered. It's totally non-contact and there are no complex moves to master.	55'	High Intensity	<ul style="list-style-type: none"> Tones & Shapes Increases strength & endurance Builds self-confidence
CARDIO	LES MILLS RPM	RPM® is an indoor cycling class, set to the rhythm of motivating music. It burns a lot of calories and gets you fit.	45'	Moderate to High Intensity	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength & endurance
CORE	LES MILLS CXWORX	CXWORX® provides the vital ingredients for a stronger body while chiseling your waist line. A stronger core makes you better at all things you do - it's the glue that holds everything together.	30'	Moderate to High Intensity	<ul style="list-style-type: none"> Tightens & tones Core muscles improve functional strength for balance, mobility & injury prevention
STRENGTH	LES MILLS GRIT STRENGTH	LES MILLS GRIT® Strength is a 30-minute high-intensity interval training workout, designed to improve strength and build lean muscle. This workout uses barbell, weight plate and body weight exercises to blast all major muscle groups.	30'	High Intensity	<ul style="list-style-type: none"> Rapidly improve strength Increase lean muscle Get fit fast
CARDIO	LES MILLS GRIT CARDIO	LES MILLS GRIT® Cardio is a 30-minute high-intensity interval training workout that improves cardiovascular fitness, increases speed and maximizes calorie burn.	30'	High Intensity	<ul style="list-style-type: none"> Rapidly improve cardiovascular fitness Increase speed Maximize calorie burn during the workout
CARDIO	Senior Power Hour	Core and balance work out combined to help promote overall fitness and health for our Senior members.	55'	Low to Moderate Intensity	<ul style="list-style-type: none"> Cardio focus Improves strength Core work to improve balance and mobility
CARDIO	Barre	Ballet-inspired body sculpting workout using a ballet bar, free hand weights, exercise balls, and resistance bands. You will be directed through a series of isometric movements and prepare to feel the burn in every part of your body.	55'	High Intensity	<ul style="list-style-type: none"> Burns calories Tones & shapes Strengthen, trim and tone
CARDIO	URBAN DANCE	This dance class is open to anyone that wants to learn multiple disciplines and styles of dance from pop, jazz, to classical. If you want to dance to the beat in your heart, this class is perfect for you!	55'	Moderate Intensity	<ul style="list-style-type: none"> Burns calories Tones & shapes Develops self-expression Improves coordination
FLEXIBILITY	Yoga	Traditional yoga poses for flexibility, balance, strength, concentration, relaxation and stress relief. Instructors will pick the practice of Yoga each class to benefit members in attendance	55'	Low Intensity	<ul style="list-style-type: none"> Improves joint flexibility & range of motion Tones & shapes Enhances mental wellbeing
FLEXIBILITY	Mat Pilates	This class will transform you from the inside out. The exercises of Joseph Pilates bring focus to proper alignment and breathe to free your movement and make it effortless.	55'	Low to Moderate Intensity	<ul style="list-style-type: none"> Core muscles improve functional strength for balance, mobility & injury prevention Tones & shapes
CARDIO	CYCLING	A high energy cardio workout on a stationary bike to motivating music, ideal for all fitness levels. You will get unparalleled fitness results as your instructor coaches you through flat roads, hills, intervals, and more.	45'	Moderate to High Intensity	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength & endurance
CARDIO	HIIT35' CYCLE	A high intensity cycle variation. Focus on strength and power based intervals for an efficient 35 minute workout, designed to boost your metabolism all day long.	45'	High Intensity	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength & endurance
CARDIO	CYCLE MAYHEM	A cycle class with an out-of-studio focus. We ride to loud music to keep you charged for challenging cycle drills that improve your overall health. All skill levels welcomed. Ride with us!	55'	High Intensity	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength, endurance, and power
CARDIO	CYCLE CHAOS	A total body workout that puts you on a bike for cardio drills and off the bike for strength, core, and power. We workout to loud music to keep you charged. All skill levels welcomed. Workout with us!	55'	High Intensity	<ul style="list-style-type: none"> Improves heart & lung fitness Increases leg strength, endurance, and power
CARDIO	TOTAL BODY CONDITIONING	This class is designed to utilize a variety of GGX equipment for a total body workout. Hand weights, barbells and your own body weight may be used to shape and tone your body from head to toe.	55'	Moderate Intensity	<ul style="list-style-type: none"> Improves agility, coordination, strength, & endurance Tones & Shapes

PNW GROUP FITNESS SCHEDULE - JANUARY 2020

All classes, times, and instructors subject to change and/or cancellation.

GROUP FITNESS STUDIO • (206)-322-2322							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM		LES MILLS BODYPUMP Jeremy		LES MILLS BODYPUMP Celita			
9:15 AM			Yoga Danica		Yoga Holly	Power Yoga Alia	LES MILLS BODYPUMP Stuart/Jeremy
10:30 AM	Mat Pilates Monica		<i>Senior Fit</i> Alice		Mat Pilates Monica	Total Body Conditioning Monica	LES MILLS BODYCOMBAT Ri (10:20 AM)
11:30 AM						LES MILLS CXWORX Monica	Yoga Holly/Sunit
5:15 PM	LES MILLS CXWORX Monica		LES MILLS GRIT Marijoie		LES MILLS GRIT Fin		
5:50 PM	LES MILLS BODYPUMP Celita	URBAN DANCE Andra	Mat Pilates Monica		LES MILLS BODYPUMP Jenn		
6:20 PM					LES MILLS CXWORX Jenn		
6:55 PM	<i>Barre/Strength</i> Alice (7:00 PM)	LES MILLS BODYPUMP Marijoie	Total Body Conditioning Alice (7:00 PM)	LES MILLS BODYPUMP Jenn			
8:00 PM		Yoga Tiffani					
CYCLE STUDIO							
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:15 AM	CYCLING Helen		HIIT35' John		CYCLING Ray		
9:15 AM						CYCLING Christine/Helen	
10:30 AM		CYCLING Monica		CYCLING Alice			LES MILLS RPM Sunit/Stuart
5:50 PM		LES MILLS RPM Jenn		CYCLING Jenn			
7:00 PM	CYCLE MAYHEM John	CYCLE CHAOS John	LES MILLS RPM Monica	CYCLE CHAOS john			