



Fitness Class Schedule (11/01/2023)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	7:45-8:45am Mat Pilates Tina		7:45-8:45am Mat Pilates Tina		
9:05-10am Step & Strength Karla		9:05-10am Step, Pump and Jump Tammy	9:05-9:50am ZUMBA®GOLD Tiffany	9:05-10am Step & Strength Jennifer	8:05-8:55am Cycle Barbara
10:15-11:10am Low Impact** Jennifer	10:15-11:10am ZUMBA®GOLD Rhianon	10:15-11:10am Low Impact** Jennifer	10:15-11:10am Mindful Movement Tina	10:15-11:10am Low Impact** Jennifer	9-9:55am Step & Strength Jennifer
11:30am-12:15pm Chair Fitness Petrina	11:30am-12:15pm Chair Yoga Tina	11:30am-12:15pm Chair Fitness Petrina	11:30am-12:15pm Chair Yoga Tina		10:15-11:15am Mat Pilates Barbara
1-2pm Yoga Mary	1-2pm Tai Chi for Better Health Jackie		1-2pm Gentle Yoga Katy	1-2pm Tai Chi for Better Health Jackie	
	4:25-5:20pm Fit Happens Katrina	4:25-5:20pm Total Conditioning Katrina	4:25-5:20pm Fit Happens Katrina		
5:30-6:25pm Step & Strength Tiffany	5:30-6:25pm ZUMBA® Andrew	5:30-6:25pm Cycle, Strength & Stretch Barbara			
6:30-7:30pm Mat Pilates Barbara		6:30-7:30pm Mat Pilates Barbara	6:30-7:30pm ZUMBA® Andrew		

Fee Based Classes in Marshall Center Oak/Elm Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
11:30am-12:30pm Beg. Adult Tap Jennifer			

Fee-Based Classes in the Luepke Community Room

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
		4:00-5:00pm \$ Line Dance Andy	

Classes may be
Canceled at any time.

In the event of
inclement weather
contact:
360-487-7065

**Participants must pick up
a tag to ensure a spot in
class. Tags available
30mins. prior

\$ Fee –based class
Registration is required

Group Exercise Class Descriptions

Classes held in the Aerobics/Dance Studio (unless noted otherwise)

Chair Fitness: Strength, flexibility and balance exercises using balls, bands and hand weights. A chair will be used for support and balance. Bring water and comfortable clothing.

Chair Yoga: A modified class done from a chair and standing positions. Breathing, stretching, core strength, balance and muscular strength and endurance are the focus of this class. Ends with a relaxation period.

Cycle Strength & Stretch: Low-impact, high intensity workout on the stationary bike to get your heart racing. Finish class off the bike with some strength moves and stretching.

Fit Happens: This class incorporates cardio and muscle conditioning to improve strength, endurance and balance. All levels welcome

Gentle Yoga: Take time out of your day to restore balance, strengthen your body and increase flexibility. Class teaches traditional yoga poses, emphasizing breathing, relaxation and calming of the mind.

Low-Impact: Low-impact and high energy cardiovascular workout appropriate for beginners and seniors. Strength work is incorporated through a variety of equipment.

Mat Pilates: Mat class designed to build strong, lean muscles while improving balance, core strength, coordination, flexibility and posture. This mind-body class emphasizes proper alignment and technique.

Mindful Movement: You'll feel great with a full body-mind program that includes yoga, weights, low-impact aerobics and balance. Finish on the floor with core work, gentle stretching and final relaxation.

Step and Strength: Use the step for a great cardio workout that focuses on legs and core, adding exercises for muscle strength. (All levels)

Step, Pump and Jump: Challenge yourself with a variety of cardio, strength, interval and functional training. We will use items such as step, stability balls, bands, bars and free weights. A full body workout! (All levels.)

Tai Chi for Better Health: Improve your life, well-being, breathing and balance with simple Yang Style Tai Chi movements. Tai Chi is a whole body exercise that integrates the body and mind, imparting tranquility. This guided program is suitable for both beginners and experienced.

Total Conditioning: Boost metabolism, burn calories and build muscle with cardio, functional strength exercises and endurance training. All levels are welcome.

Yoga: Using a system of flowing postures and conscious breathing, this class will help you improve your balance, strength and flexibility. Build on basic poses with relaxation exercises to alleviate stress.

Zumba®: Ditch the workout, join the party! Unique and creative Latin low-impact class that incorporates merengue, salsa, cumbia, samba, and calypso. You could burn up to 500 calories in one hour. All levels.

Zumba® Gold: endorsed by Silver&Fit. Beginning and intermediate levels are welcome.

Fee Based Classes

\$Line Dance: Kids 10+ with adult. Dance to upbeat music without a partner. Leather sole shoes recommended.

\$Beg. Adult Tap: 15yrs.+ Beginner. Easy to learn basics such as shuffle, ball change and step-heel/heel-step.