

Cycle Studio



TEAMFITNESS

**GROUP X
CLASSES**
STANWOOD SPORT 629-4433
FEBRUARY 2010
 Updated & Effective 2/1/2010

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:45 am	Team Cycle		Team Cycle		Team Cycle	
7:45 am						
8:00 am		Stretching 4 health (Racquetball Court)	Team Cycle 8:15-9:15	Stretching 4 health (Racquetball Court)		8:00am Team Cycle
9:00 am	T'ai Chi (racquetball Court)					
5:00 pm						
5:30 pm	Team Cycle 530-630		Team Cycle 5:30-6:30			
6:00 pm		Team Cycle 6:00-7:00		Team Cycle 6:00-7:00		
7:00 pm						
8:00 pm						

New!

TeamFitness Cycle studio is located across the street from the Sport Club next to Bella Salon.

- BODYPUMP®:** The fastest way to burn fat and gain strength. This strength training class uses barbells and adjustable weights. Hot music and simple moves makes this popular class great for men and women.
- BOOTCAMP:** Ready to add variety and fun to your workout? This class provides cardio and strength benefits as the whole body is worked in a format that can be as challenging as you choose it to be. Lots of options.
- CARDIO TENNIS:** A new, fun group activity to get into shape and burn calories. No tennis experience needed, this class features drills to give players of all abilities and ultimate, high energy workout. Free Class thru 10/19
- HOT POWER YOGA:** An invigorating workout! Students will experience an intense flow in a 90 degree studio. Please bring your own mat and large towel. Fee Based Class—\$5 Member, \$10 Guest.
- FIT FOR LIFE:** A low-impact class to improve stamina and circulation through movement.
- KICKBOX & STEP:** This class consists of simple moves designed to burn calories while you step, punch and kick your way to better health and fitness.
- PILATES:** A mind-body exercise class focused on core stability, neutral alignment and patterned breathing. Pilates can help restore the natural curves of the spine, relieve tension and result in a balanced and aligned body.
- PIYO®:** A perfect blend of Pilates and Yoga to help strengthen core muscles, improve balance, coordination and posture to improve flexibility and strength.
- SILVERSNEAKERS MSROM®:** Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activity for daily living. A chair is used for seated/standing support...
- SPEED & AGILITY:** Designed for any athlete or fitness enthusiast (14+ yrs) looking to improve overall performance.
- STEP:** Basic to advanced moves come together in this cardio workout that keeps your brain 'in the game' while your body works.
- STRICTLY WEIGHTS:** Class utilizes bars, plates, dumbbells and bands to provide a resistance training workout that strengthens muscle and bone. The benefits of weight training are for everyone!
- STRETCHING 4 HEALTH—**Flexibility is the missing link for many and this class will benefit all ages!
- T'AI CHI:** Gentle, rhythmic movements that promote mental and physical awareness. Build strength, balance and focus in the simple to follow workout.
- TEAM CYCLE:** A serious workout without the impact. This virtual bike ride, for all levels, takes you through the hills and valleys of a high endurance workout.
- YOGA:** Yoga fitness classes combine strength and flexibility and IS fitness based. Take class and feel better!
- YOGASTRETCH® SSFP:** Move your whole body through a complete series of seated and standing yoga poses; chair support is offered to safely perform a variety of postures...
- ZUMBA®** A Latin inspired dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic exciting and effective fitness system. **ZUMBA® GOLD—**A lighter version to move to.

KidzFitness Classes Please check group x schedule and aquatics schedule

Additional Activities Available
 Hot Power Yoga * Martial Arts * Dance * Party Rentals

Sport Basketball Court 629-4433

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am						Club Closed	Club Closed
5:30 am							
6:00 am							
6:30 am							
7:00 am							
7:30 am							
8:00 am							
8:30 am							
9:00 am		Step 9-9:25		Step 9-9:25	Bootcamp	9-10am	
9:30 am	9:15-10:15 Step	9:30-10:30	Step	9:30-10:30	9:30-10:30		
10:00 am							
10:30 am	Strictly Weights	Zumba® 10:40-11:40	10:30-11:30 Strictly Weights	Zumba® 10:40-11:40		Zumba® 10:30-11:30	
11:00 am							
11:30 am							
12:00 pm							
12:30 pm							
1:00 pm							
1:30 pm							
2:30 pm		Speed & Agility Ages 14+		Speed & Agility Ages 14+			
3:00 pm		After School Workout 11-15yrs		After School Workout 11-15yrs			
3:30 pm							
4:15 pm	Zumba®	Strictly Weights	4:30pm Step	Strictly Weights			
5:00 pm		Step/Kick (45 min)		Zumba®			
5:30 pm	5:30-6:30pm		5:30-6:30pm				
6:00 pm							
6:30 pm	Zumba® 6:40-7:40		Zumba® 6:40-7:40				
7:00 pm							
7:30 pm		Jujutsu**		Jujutsu**			
8:00-11:00pm		629-4433x130		629-4433x130			

Sport Studio 629-4433

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6:00 am		Strictly Weights 6-7		Strictly Weights 6-7			
6:30 am	Pilates 6:30-7:15		Yoga 6:30-7:30				
8:00 am	Fit for Life	PiYo®	Fit for Life	PiYo®	Fit for Life		
9:15am	Zumba Gold®	Yoga	YogaS-tretch®	9-10 T'ai Chi	New! Zumba Gold®	Hot Power Yoga** 9-10:15am \$5Mbr/\$10guest	
10:30am	Pilates	10:45 SilverSneakers® MSROM	Pilates	10:45 SilverSneakers® MSROM	Yoga		NW School Martial Arts** 629-4341 11am-1pm
11:45am		SilverSneakers® MSROM		SilverSneakers® MSROM			
4:00 pm	Adult Tap** 4-6			Academy of Dance** 360-708-5902 Ballet, tap, Hip Hop			
5:00 pm							
5:30 pm			Yoga			Yoga	
6:30 pm	Pilates 6:30-7:15			Mixed Martial Arts** 206-799-5074 6:30-8:30	6:40-7:40 Zumba®	KidzClub & Open Swim & Bouncy House Available Friday Evenings	
7:30 pm		Tribal Fusion BellyDance** 360-969-5700			Hot Power Yoga** 7:30-8:30 \$5 Mbr/\$10guest		
8:30 pm							

**Notes a class fee and registration required

Please Note: Open gym space is subject to change due to gym rentals. Please check the front desk for availability