

Up Stairs Cycle/Yoga/Pilates Room

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am		Team Cycle		Team Cycle			
5:30 am		5:00 - 6:00		5:00 - 6:00			
8:00 am						Team Cycle	
8:30 am		Team Cycle		Team Cycle		8:00 - 9:00	
9:00 am	Team Cycle	8:30 - 9:30	Team Cycle	8:30 - 9:30	Team Cycle		
9:30 am	9:30 - 10:30		9:30 - 10:30		9:30 - 10:30	Yoga**	
10:00 am	Hot Yoga*	Yoga**		Yoga**	Hot Yoga*	9:30 - 11:00	
	10:45 - 12:00	9:40 - 10:40		9:40 - 10:40	10:45 - 12:00		
12:00 pm				Weight Watchers			
12:30 pm				12:30 - 2:00			
1:00 pm				12:30 weight in			
				1:00 meeting			
4:00 pm	Team Cycle		Team Cycle				
4:30 pm	4:15 - 5:15	Yoga**	4:15 - 5:15	Yoga**			
5:00 pm		4:00 - 5:00		4:00 - 5:00			
5:30 pm	Yoga**	Hot Yoga*	Yoga**	Hot Yoga*			
6:00 pm	5:30 - 6:30	5:30 - 7:00	5:30 - 6:30	5:30 - 7:00			
6:30 pm							
7:00 pm		Hot Yoga*		Hot Yoga*			
7:30 pm	Team Cycle	7:15 - 8:30	Team Cycle	7:15 - 8:30			
8:00 pm	7:30 - 8:30		7:30 - 8:30				

Snohomish Gym Group X Classes

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning Classes							
	Cycle Upstairs 9:30 - 10:30		Cycle Upstairs 9:30 - 10:30	Pilates 9:30 - 10:30	Cardio 9:30 - 10:30	Yoga 9:00 - 10:00	
	Zumba 9:30 - 10:30	Yoga 9:30 - 10:30	Step 9:30 - 10:30	Intro to Pilates (1st Thurs. of each month) 10:30 - 11:30			
	Sliver Sneakers		Sliver Sneakers				
	Coming soon @ 11:00		Coming soon @ 11:00				
Evening Classes	Zumba 6:00 - 7:00	Team Cycle 6:00 - 7:00	Zumba 6:00 - 7:00	Team Cycle 6:00 - 7:00			



GROUP X CLASSES

LAKE STEVENS & SNOHOMISH

WINTER 2010

Effective on 1/01/2010

AB LABS: Looking for the sexy stomach? When combined with cardio, these 30 minutes of total Ab workout will give you the results you've just dreamed about.

BOOTCAMP: A military style drill instructed workout designed to kick you into shape by keeping your heart rate up and trimming you down.

KICKBOXING: An aerobic based kickboxing class, which uses punching and kicking to increase your cardio.

KICK FIT: A combination of aerobics, traditional kickboxing, resistance and **plyometric** training. A great class for all levels because of the easy choreography and the ability to work at your own intensity.

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.

STABILITY BALL & SCULPT: A ball inspired class designed to work your entire body and really get to your core. We will also use bands and light weights for sculpting.

POWER SCULPT: Combine your weights and increase your heart rate in this sculpting based class with intervals of cardio and weights.

STRICTLY WEIGHTS: A light to medium weight lifting class designed to work all muscle groups.

TEAM CYCLE: A virtual bike ride where an instructor (on a specially designed cycle) takes you through the hills and valleys of a high endurance workout.

YOGA: Power Vinyasa Yoga is a dynamic form of yoga where postures flow in one fluid movement. Be prepared for breath work, sun salutations, warrior series, etc.

HOT YOGA: 26 poses designed to detox and make you sweat. Water bottle and full size towel required. *

ZUMBA: A Latin inspired dance fitness class that incorporates Latin and international music and dance movements, creating a dynamic exciting and effective fitness system.

Kids Program Classes
Kids Mixed Martial Arts • Kids Power Sculpt • Rock Climbing • Gymnastics

Additional Classes Available
C-3 (Charlie's Combat Club) • Hot Yoga • Bounce House Fridays • Sno. Cty. Basketball Academy • Gymnastic Classes

Eastside of the Basketball Court

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

Westside of the Basketball Court

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 am	Strictly Weights		Strictly Weights		Strictly Weights			5:00 am							
5:30 am	5:00 - 6:00		5:00 - 6:00		5:00 - 6:00			5:30 am							
6:00 am								6:00 am							
6:30 am								6:30 am							
7:00 am								7:00 am							
7:30 am								7:30 am							
8:00 am	Silver Sneakers®		Silver Sneakers®					8:00 am						Kids MMA*	
8:30 am	MSROM		MSROM					8:30 am						8:00 - 9:00	
9:00 am	8:15 - 9:15		8:15 - 9:15					9:00 am						Bounce	Kick - Fit**
9:30 am	Power Sculpt	Strictly Weights	Kickboxing	Strictly Weights	Stability Ball	Kick - Fit** & ABS	Reserved for CTK Church	9:30 am	Fit Flipz Jr.*		Fit Flipz Jr.*		Bounce House *	Kick - Fit** & ABS	Reserved for CTK Church
10:00 am	9:30 - 10:45	9:30 - 10:00	9:30 - 10:05	9:30 - 10:00	and Sculpt			9:00 - 10:30	10:00 am	9:30 - 10:30		9:30 - 10:30			
10:30 am		Zumba	Strictly Weights	Zumba	9:30 - 10:45		8:30 - 12:30	10:30 am	Tiny Tikes *		Tumblers *		\$5.00 per child (4-12)		8:30 - 12:30
11:00 am		10:00 - 11:00	10:05 - 10:50	10:00 - 11:00		Zumba		11:00 am	10:45 - 11:30		10:45 - 11:30				Zumba
11:30 am						11:00 - 12:00		11:30 am						11:00 - 12:00	
12:00 pm								12:00 pm							
12:30 pm								12:30 pm							
1:00 pm							Reserved for	1:00 pm							Please
1:30 pm							Team Fitness	1:30 pm							Check
2:00 pm							Birthday	2:00 pm							the Front
2:30 pm							Parties	2:30 pm							Desk for
3:00 pm							12:30 - 4:00	3:00 pm							Availability
3:30 pm								3:30 pm							
4:00 pm	Kidz Yoga		Kidz Yoga				Reserved for	4:00 pm		Fit Flipz		Fit Flipz			Reserved for
4:30 pm	4:30 - 5:15	C-3 MMA	4:30 - 5:15	C-3 MMA	Hip Hop Kidz		Sno. County	4:30 pm		4:30 - 5:15		4:30 - 5:15			Sno. County
5:00 pm	Kidz Powersculpt	3:00 - 7:00	Kidz Powersculpt	3:00 - 7:00	5:00 - 5:30		Basketball	5:00 pm	Boot Camp	Fit Flipz Jr.*		Fit Flipz Jr.*			Basketball
5:30 pm	5:15 - 6:00		5:15 - 6:00		Family Zumba		Academy*	5:30 pm	5:00 - 6:00	5:15 - 6:15		5:15 - 6:15			Academy*
6:00 pm	AB Lab		AB Lab		5:30 - 6:00		4:00 - 7:00	6:00 pm						Zumba Toning	4:00 - 7:00
6:30 pm	Kick-Fit**		Kick-Fit**		Zumba Toning			6:30 pm	Kick - Fit**	Kidz MMA*	Kick-Fit**	Kidz MMA*		6:00 - 7:00	
7:00 pm	6:30 - 7:30		6:30 - 7:30		6:00 - 7:00			7:00 pm	6:30 - 7:30	6:30 - 7:15	6:30 - 7:30	6:30 - 7:15			
7:30 pm		Zumba	Reserved for	Zumba				7:30 pm		Zumba	Reserved for	Zumba			
8:00 pm		7:30 - 8:30	Sno. County	7:30 - 8:30				8:00 pm		7:30 - 8:30	Sno. County	7:30 - 8:30			
8:30 pm			Basketball					8:30 pm			Basketball				
9:00 pm			Academy					9:00 pm			Academy				
9:30 pm			7:30 - 9:30					9:30 pm			7:30 - 9:30				
10:00 pm								10:00 pm							

** You may have to purchase special equipment for this class. Please check with the front desk for details.

*There is an additional fee for this class (classes in black & gray).