

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 | | Team Cycle | | |
| 4:30 pm | 4:15 - 5:15 | Yoga** | 4:15 - 5:15 | Yoga** | 4:15 - 5:15 | | |
| 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 - 8:45 | Team Cycle | 7:15 - 8:45 | | | |
| 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 | Team Cycle 9:00 - 10:00 | Yoga (upstairs) 9:00 - 10:00 | Team Cycle 9:00 - 10:00 | Pilates (upstairs) 9:00 - 10:00 | | Yoga (upstairs) 8:30 - 9:30 | |
| | Zumba 10:00 - 11:00 | Strictly Weights 10:00 - 11:00 | | Strictly Weights 10:00 - 11:00 | Zumba 9:30 - 10:30 | Zumba 9:30 - 10:30 | Yoga (upstairs) 9:00 - 10:30 |
| | | Silver Sneaker® 11:00 - 12:00 | Step/Weights 10:00 - 11:00 | | Yoga (upstairs) 10:30 - 11:30 | | |
| | | | | Silver Sneaker® 11:00 - 12:00 | | | |
| Evening Classes | Zumba Toning 5:15 - 5:45 | Stretching (upstairs) 6:00 - 7:00 | Zumba Toning 5:15 - 5:45 | | | | |
| | Zumba 6:00 - 7:00 | Team Cycle 6:00 - 7:00 | Zumba 6:00 - 7:00 | Team Cycle 6:00 - 7:00 | | | |
| | Yoga (upstairs) 6:00 - 7:00 | Pilates 7:15 - 8:15 | Yoga (upstairs) 6:00 - 7:00 | Yoga (upstairs) 7:15 - 8:15 | | | |



GROUP X CLASSES

LAKE STEVENS & SNOHOMISH

SPRING 2010

Effective on 4/12/2010

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® | | Silver Sneakers® | | | 8:00 am | | | | | | Kids MMA* | |
| 8:30 am | MSROM | | MSROM | | MSROM | | | 8:30 am | | | | | | 8:00 - 9:00 | |
| 9:00 am | 8:00- 9:00 | | 8:00 - 9:00 | | 8:00 - 9:00 | | | 9:00 am | | | | | | Bounce | Kick - Fit** |
| 9:30 am | Power Sculpt | Strictly Weights | Kickboxing | Strictly Weights | Stability Ball | & ABS | Reserved for | 9:30 am | Fit Flipz Jr.* | | Fit Flipz Jr.* | | | House * | & ABS |
| 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 | CTK Church | 10:00 am | 9:30 - 10:30 | | 9:30 - 10:30 | | | 9:30 - 10:30 | 9:00 - 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) | |
| 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 | | | Private | | | | Parties | 2:30 pm | | | Private | | | | Desk for |
| 3:00 pm | | | Volleyball | | | | 12:30 - 4:00 | 3:00 pm | | | Volleyball | | | | Availability |
| 3:30 pm | | | 2:25 - 3:15 | | | | | 3:30 pm | | | 2:25 - 3:15 | | | | |
| 4:00 pm | | | | | | | Reserved for | 4:00 pm | | Fit Flipz | | Fit Flipz | | | Reserved for |
| 4:30 pm | | C-3 MMA | | C-3 MMA | Hip Hop Kidz | | Sno. County | 4:30 pm | Kidz Yoga | 4:30 - 5:15 | Kidz Yoga | 4:30 - 5:15 | | | Sno. County |
| 5:00 pm | Boot Camp | 3:00 - 7:00 | | 3:00 - 7:00 | 5:00 - 5:30 | | Basketball | 5:00 pm | 4:30 - 5:15 | Fit Flipz Jr.* | 4:30 - 5:15 | Fit Flipz Jr.* | | | Basketball |
| 5:30 pm | 5:00 - 6:00 | | | | Family Zumba | | Academy* | 5:30 pm | Kidz Powersculpt | 5:15 - 6:15 | Kidz Powersculpt | 5:15 - 6:15 | | | Academy* |
| 6:00 pm | AB Lab | | AB Lab | | 5:30- 6:00 | | 4:00 - 7:00 | 6:00 pm | 5:15 - 6:00 | | 5:15 - 6:00 | | | 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 | Reserved for | Zumba | Reserved for | Zumba | Reserved for | | | 7:30 pm | Reserved for | Zumba | Reserved for | Zumba | Reserved for | | |
| 8:00 pm | Sno. County | 7:30 - 8:30 | Sno. County | 7:30 - 8:30 | Sno. County | | | 8:00 pm | Sno. County | 7:30 - 8:30 | Sno. County | 7:30 - 8:30 | Sno. County | | |
| 8:30 pm | Basketball | Reserved for | Basketball | Reserved for | Basketball | | | 8:30 pm | Basketball | Reserved for | Basketball | Reserved for | Basketball | | |
| 9:00 pm | Academy | Sno. County | Academy | Sno. County | Academy | | | 9:00 pm | Academy | Sno. County | Academy | Sno. County | Academy | | |
| 9:30 pm | 7:30 - 9:30 | Basketball | 7:30 - 9:30 | Basketball | 7:30 - 9:30 | | | 9:30 pm | 7:30 - 9:30 | Basketball | 7:30 - 9:30 | Basketball | 7:30 - 9:30 | | |
| 10:00 pm | | Academy | | Academy | | | | 10:00 pm | | Academy | | Academy | | | |

** 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).