

GROUP FITNESS CLASS DESCRIPTIONS

Cardio Pump – Aerobic and strength training class. Utilization of an aerobic step, exercise ball, matt and free weights. Pushing cardio capacity

Hi/Low Cardio Step – Performed by stepping on and off a raised platform; this class is challenging and enjoyed by both men and women. Platform heights are adjustable to accommodate all levels of fitness.

Kickboxing - High energy full body cardio class. The class incorporates basic techniques from tae kwan-do and karate.

Mat Pilates – This group exercise is designed to work your abs, back, thighs & buttocks. This discipline emphasizes correct form to help develop strength, flexibility, muscle endurance, coordination, balance and good posture. Designed for all levels and benefits everyone.

Men's Body in Balance – Designed to work your abs, back, thighs & buttocks. This discipline emphasizes correct form to help develop strength, flexibility, muscle endurance, coordination, balance & good posture. Designed for all levels and benefits everyone.

Power Pump – Troy Barbell Training System. The fastest way to get into shape and lose body fat. You will love the music and motivation while you squat, curl and press. Intended for all levels and designed to guarantee results.








Stretch & Strengthen – Combination of core condition, stretching and light weights with an emphasis on healthful breathing.

Tai Chi – This class can provide you with long term benefits such as increased energy and reduce stress which can improve mental and physical health. The slow movements of Tai Chi will help improve your body balance while developing peace of mind. It is a physical and meditative exercise.

Zumba– Zumba is fusion of latin and international music that creates a dynamic, exciting and effective fitness workout Ditch the workout, join the PARTY!!!

Yoga – Body connection is the purpose of this class. Focusing on your breath and awareness of your body. Flexibility is not necessary and will come in time. Learn some relaxation techniques and tricks to help control your stress.

WHATCOM FITNESS Spring CLASS SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	F R I D A Y	SATURDAY
	6:00 –6:55am Hi/Low Cardio Step *Patty		6:00 –6:55am Hi/Low Cardio Step *Rachel		7:30-8:30am Power Pump *Patty
9:30-10:30am Men's Bodies In Balance *Patty	9:30-10:30am Gentle Yoga *Sue		9:30-10:30am Mat Pilates *Patty	9:30-10:30am Mat Pilates *Patty	9:00–10:00am Yoga *Sue
				10:45-11:45am Men's Balance *Patty	
12:15-1:15pm Step Interval *Patty 	12:15-1:15pm Power Pump *Rachel 	12:15-1:15pm Cardio Pump *Patty 	12:15-1:15pm Pilates Mat Plus *Patty 	12:15-1:15pm Kickboxing *Michelle 	
	4:00-5:00pm Kickboxing *Janene 		4:00-5:00pm Kickboxing *Michelle 		
5:00-6:00pm Zumba *Tessa	5:00–6:00 pm Tai Chi 88 *Guo Cheng	5:00-6:00pm Zumba *Tessa	5:00–6:00 pm Tai Chi 88 *Guo Cheng		
	6:00 –7:00pm JazzDance1 *Sabrina	6:00-7:00pm Yoga Therapeutic Relaxation *Sue	6:00-7:00pm Jazz Dance 1 *Sabrina		
		6:30-7:30pm Stretch & Strengthen *Joni			



Child Care- Parents: Please arrive 5 minutes early before class to settle your children into play area. Thank you.

- ◆ You must be 16 or older to join. Under 18 years of age needs to be accompanied by an adult.
- ◆ See separate flier for information regarding the Jazz Dance for kids.
- ◆ **88** Advanced Level Tai Chi