



## MARCH GROUP EXERCISE SCHEDULE

3905 Bridgeport Way W, University Place, WA 98466

**Open Gym Hours:**

Monday - Friday  
5AM - 24HR  
Saturday - 24HR - 8PM  
Sunday - 7AM - 8PM

**Kids Club Hours:**

Monday - Friday  
8AM - 1PM  
4PM - 8:30PM  
Saturday: 8AM to 1PM  
Sunday: 9AM to 1PM

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30am		Pure Strength w/ Bekah	Strength & Conditioning w/Theresa	Pure Strength w/ Bekah	Strength & Conditioning w/ Mary		
6:30am	Yoga w/ Briauna		Yoga w/ Lillie				
7:30am	Functional Strength w/Bre	Sculpt w/Bre	Functional Strength w/Bre	Sculpt w/Bre	Functional Strength w/Bre		
8:00am						Zumba Toning w/Madalene	
9:00am	Circuit w/ Bre	Sculpt w/Bre	Pilates w/Bre	Core & Restore w/Bre	Circuit w/Bre	Sculpt w/Heather	
10:00am	Barre w/Bre	Zumba w/Therese	Circuit w/Donna	Zumba w/Claudia	Sculpt w/Heather	Barre w/Heather	Commit w/Katie
10:00am STUDIO B				Yoga w/Marriam	Barre w/Bre		
11:00am	Zumba Gold w/ Savina	SAIL w/ Susan		SAIL w/Susan	Yoga w/Heather	Commit w/Staff	
11:00am STUDIO B	Yoga w/Marriam		Yoga w/ Lillie				COED YOGA w/ Briauna
12:00pm	Free for All w/Jean	Chair Yoga w/Susan	Free for All w/Jean	Zumba Gold Toning w/Madalene	Free for All w/ Jean	Yoga w/Staff	
4:30pm	Yoga w/ Lori	Sculpt Eleni	Pump up Strength w/ Kaylee	Zumba w/ Seema			
5:30pm	Pure Strength w/ Annie	Commit w/ Mertriss	Booty Burn w/ Kaylee	Circuit w/ Mandy			
5:30pm STUDIO B		Pilates w/Eleni		Pilates/Barre Fusion w/Elena	Yoga w/ Jess		
6:30pm	Cardio Box w/Teresa	Yoga w/Lori	Commit Sculpt w/Lauren	Yoga w/Lori	Zumba w/ Nelia		
7:30pm	Zumba w/Julianna	Zumba w/Savina	Zumba/Polyfit w/ Julianna	Commit w/Keesha & Vanessa			

CLASSES VARY PER MEMBERSHIP TIER/ UPGRADE TO ALL IN FOR ALL CLASSES!

ALL IN MEMBERSHIP	SILVER/PLATINUM/ALL IN	PLATINUM/ALL IN
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## **CLASS DESCRIPTIONS:**

**Pilates:** Bring your mat and build strength and flexibility with emphasis on posture and core work.

**Barre:** Inspired by elements of ballet, yoga and Pilates, we will be utilizing low impact, high volume movements that lengthen and strengthen while increasing muscular endurance.

**Zumba Gold Toning Chair:** Low impact version of Zumba using the toning sticks for muscular endurance and part seated.

**Free for All:** This is a combination of low-impact cardio, strength, balance work, and full- body stretching, designed to give older adults everything they need in one go.

**Functional Strength:** Gently stretch and tone your whole body in this well-rounded class. Build stronger muscles, bones, and joints with weight-bearing exercises designed to challenge your strength & balance. Great for all levels.

**Core & Restore:** This class uses Pilates-inspired moves to challenge your core while focusing on functional strength and flexibility.

**Pure Strength:** Build strength, add definition, increase bone density and decrease body fat by increasing lean muscle. Research has proven that by adding lean muscle to the body you can speed up your metabolism and burn more calories working out and at rest. Use a variety of weight training equipment to change the shape of your body - no muscle gets neglected.

**SAIL:** Stay Active and Independent for Life (SAIL) is an evidence-based strength, balance and fitness program. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling.

**Sculpt:** Come fuel your metabolism with a combination of strength and cardio. Expect to get a full body workout using bands, exercise balls and dumbbells. **Strength and Conditioning:** Train like an athlete by executing a wide range of exercises developed to build a variety of skills with a focus on mobility, stability, strength, endurance, power, speed, agility and performance.

**Circuit:** Your instructor will guide stations of strength, cardio and agility work for a complete body workout.

**Yoga:** This asana-based class aims to meet you where you are, in your practice and body. Expect breath and traditional posture practices that stretch, mobilize, strengthen and promote relaxation.

**Zumba:** An energizing dance fitness class featuring Latin and International music. Exercise in disguise! You'll burn lots of calories and have a great time doing it! **COMMIT Dance Fitness:** A dynamic, fun-filled HIIT influenced (High intensity interval training) dance workout. Each routine focuses on essential fitness elements created to a variety of popular music, from all over the world, that will inspire everyone to get moving.

**Cardio Box:** Cardio workout inspired on boxing and martial arts techniques. You will learn basic punching and striking while burning calories

**Polyfit:** Dance fitness using music and movements from Polynesian dance. Get ready to move your hips and learn hula, Tahitian and Samoan dances.

**Commit Sculpt:** Full body-shaping and toning class incorporating body weight and light resistance mixed with cardio dance elements.

**Pump Up Strength:** A new approach to resistance training. Utilizing combination movement patterns in a targeted, rhythmic progression, its superpower is the dynamic integration of upper and lower body movements set to music.