



GROUP EXERCISE SCHEDULE (PUYALLUP)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Early rise YOGA Heide		Early rise YOGA Heide			
8:00 am						ZUMBA Tessa	
9:00 am	Body Sculpting Madalene	ZUMBA Andreia	ZUMBA Claudia	ZUMBA TONING Madalene	ZUMBA Claudia	Bootcamp John/ Madalene	Cycling Anne Marie
10:00am	Cycling Stephanie					Yoga Kelsie	Bootycamp Madalene
11:00am			Cycling Stephanie				
12:00pm						Cycling Reina	Beginner Bootcamp Wayne 1pm
6:00 pm	ZUMBA/Toning Madalene	Cycling Kate	Total Body Conditioning Stephanie/ Madalene	Zumba Tessa			
7:00 pm	BODY SCULPTING Madalene	COMMIT DANCE Vanessa	Zumba Dixie	BODY SCULPTING Madalene			



CLASS DESCRIPTIONS:

YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONECTING WITH YOUR MIND AND BODY HELPING REDUCE STRESS AND PROMOTING RELAXATION.

ZUMBA – DANCE FITNESS THAT INCORPORATES RHYTHMS FROM ALL OVER THE WORLD TO CREATE A DYNAMIC, EXICTING AND EXILERATING CARDIO EXPERIENCE.

ZUMBA TONING – ALL THE FUN OF ZUMBA CLASS WHILE INCORPORATING LIGHT WEIGHT RESISTANCE TRAINING FOR MUSCULAR ENDURANCE AND TONING.

CYCLING – INSTRUCTOR WILL GUIDE YOU AND MOTIVATE YOU THRU THE RIDE. INCORPORATED INTERVAL TRAINING FOR A CHALLENGING CARDIO WORKOUT

TOTAL BODY CONDITIONING – A FULL BODY WORKOUT INCORPORATING WEIGHTS, BANDS AND BODY RESISTANCE WITH CARDIO AND ENDURANCE DRILLS.

BODY SCULPTING – STRENGTH TRAINING CLASS USING DUMBBELLS AND BANDS. LIGHT WEIGHT RESISTANCE TRAINING EXERCISES IN A UNIQUE STYLE TO PROVIDE A FULL BODY WORKOUT.

BOOTCAMP – BOOTCAMP STYLE CLASS WITH EMPHAZIS ON WORKING THE LEGS AND GLUTES.

BOOTCAMP – INTERVAL TRAINING CLASS THAT COMBINES CARDIO, CALESTHENIC, BODY WEIGHS AND STRENGTH TRAINING DRILLS WITH THE GUIDANCE OF A TRAINER AND THE MOTIVATION OF A GROUP ATHMOSPHERE. THIS CLASS IS GREAT FOR ALL FITNESS LEVELS. STARTING OUT? TRY OUR BEGGINER BOOTCAMP CLASS.

COMMIT DANCE FITNESS - THIS DYNAMIC, FUN FILLED CLASS CONSIST OF ALL MUSIC GENRES INCORPORATING TRADITIONAL FITNESS MOVEMENTS.

*“ALL FITNESS LEVELS WELCOME. PLEASE ARRIVE EARLY TO CLASS. WHEN ARRIVING LATE MAKE SURE TO WARM UP BEFORE EXERCISING. GROUP EXERCISE ROOM IS RESERVED FOR CLASSES DURING THESE TIMES”
FOR INQUIRIES EMAIL GROUP EX COORDINATOR: madalene@fitnessquest.com*