



## GROUP EXERCISE SCHEDULE (PUYALLUP) SEPTEMBER 2022

	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						Bootcamp* STAFF	
9:15 am	Body Sculpting Madalene	ZUMBA Andreia	Zumba Claudia	ZUMBA Sarah	ZUMBA Claudia	PILATES MARY	9am Commit Rhea/Harriet
10:15am	Cycle/Core Madalene		Cycle/Core Rhea				Bootcamp* Madalene 10AM
12:00pm						Cycling Reina <hr/> CardioBox* Reese	Beginner Bootcamp* Wayne 1pm
5:15 pm				Cycling Ariel 45 min			
6:00 pm	ZUMBA/Toning Madalene	Cycling Kate	Cardio Strength Ariel	Zumba Tessa			
7:00 pm	BODY SCULPTING Madalene	COMMIT DANCE Vanessa	Zumba Dixie	BODY SCULPTING Madalene			

- **Classes with \* are taught in the TURF gym area.**
- **Classes and instructors are subject to change**



- *For more information about our group ex program contact Group Ex Manager – [madalene@fitnessquest.com](mailto:madalene@fitnessquest.com)*

### **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.**

**CARDIO STRENGTH – THIS CLASS COMBINES STRENGTH TRIANING WITH CARDIO DRILLS IN A CIRCUIT FORMAT FOR A TOTAL BODY WORKOUT**

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

**PILATES – CORE, STRENGTH, FLEXIBILITY AND POSTURE. MAT BASED CLASS.**

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

**CARDIO BOXING – CIRCUIT STYLE WORKOUT WITH FOCUS ON BOXING TECHNIQUE AND ENDURANCE.**

**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](mailto:madalene@fitnessquest.com)*