



**GROUP EXERCISE SCHEDULE (PUYALLUP) November 2022**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Early rise YOGA Heide		Early rise YOGA Heide/Mary			
8:00 am						ZUMBA Tessa	
9:00 am						Bootcamp* STAFF	
9:15 am	Body Sculpting Madalene	ZUMBA Andreia	Zumba Claudia	ZUMBA Sarah	ZUMBA Claudia		9am Commit Rhea/Harriet
10:15am	Cycling 45 min Madalene						Bootcamp* Kaylee/ AnneMarie 10AM
12:00pm						Cycling Reina	Cardio Box* 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 Kaylee			

- **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**

**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)