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**GROUP EXERCISE SCHEDULE (PUYALLUP) Starts 2/6/2023**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Early rise YOGA Heide		Early rise YOGA Casey			
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
10:00 am							Bootcamp* AnneMarie
12:00pm						Cycling Reina	Cardio Box* Reese Beginner Bootcamp* Wayne 1pm
5:00 pm		 Cardio Box Sasha		5:15 pm  Cycling Ariel 45 min			
6:00 pm	ZUMBA/Toning Claudia	Cycling Madalene	Yoga Casey 	Zumba Tesa	Zumba Shar 		
7:00 pm	BODY SCULPTING Kaylee	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*

## **CLASS DESCRIPTIONS:**

**YOGA – INSTRUCTOR WILL GUIDE YOU THRU A SERIES OF POSES WITH BREATHING AND STRETCHING TO WORK STRENGTH, POSTURE AND BALANCE WHILE CONNECTING 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, EXISTING AND EXHILARATING 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 TRAINING 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 EMPHASIS ON WORKING THE LEGS AND GLUTES.**

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