



GROUP EXERCISE SCHEDULE (PUYALLUP) Starts June 1st, 2023

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6:30 am		Early Rise Yoga Casey		Early Rise Yoga Casey			
8:00 am						Zumba Tessa	
9:00 am						Bootcamp* STAFF	
9:15 am	Body Sculpt Madalene	Zumba Andreia	Zumba Claudia	Zumba Sarah	Zumba Claudia		9AM COMMIT Rhea & Harriet
10:00 am							Booty Bootcamp* AnneMarie
11:00am 12:00pm						Yoga Kim 11am	Cardio Box* Harriet Beginner Bootcamp* Wayne 1pm
5:00 pm	Body Sculpt Kaylee	Zumba Malisa	Booty Bootcamp Casey				
6:00 pm	Zumba Toning Claudia	Cycling Madalene	Yoga Casey	Zumba Tesa	Zumba Kimberly		
7:00 pm	Cycling Annemarie	COMMIT Vanessa	Zumba Dixie	COMMIT Sculpt Donna			



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, EXCITING 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.

BOOTY 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.

