

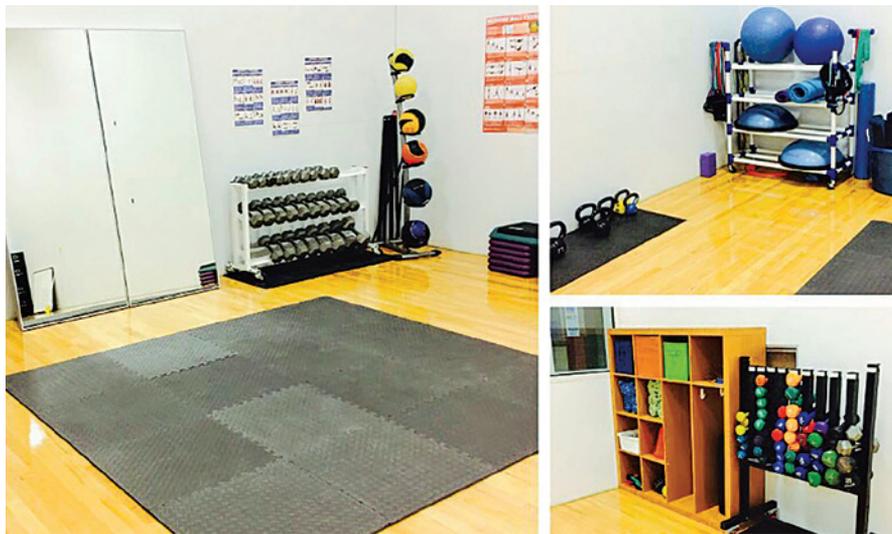


# Personal training available at TCC

## Take Your Fitness to the Next Level!

Whether you want to achieve muscular toning, cardiovascular endurance, weight loss, or overall improvement of health and wellness, TCC's personal trainers will design a detailed program and motivate you to achieve YOUR individual fitness goals.

**Purchase a Six Pack and get a 1 month Fitness Pass for FREE**



### 60-minute sessions

Single	\$35
Triple Play	\$90
Six Pack	\$175

### Buddy Prices (2-3 people)

Single	\$30 per person
Triple Play	\$75 per person
Six Pack	\$125 per person

**Gym Quality, Community Priced**

EMAIL: [personal.trainer@tukwilawa.gov](mailto:personal.trainer@tukwilawa.gov) to work with a personal trainer TODAY!

### Jocelyn Shelby



My passion and focus is to make your fitness journey FUN and challenging. I have over 20 years of experience in the fitness industry, working with all ages,

backgrounds and levels of fitness. My goal is to help you find what works for you, teach you how to eat healthy and maintain a long-term active lifestyle.

### Keegan Thorpe



I am excited about my role at TCC where I will help people achieve their desired fitness and wellness goals. I enjoy helping people discover their inner athlete, and

together we will push ourselves farther than we thought we could. I will focus on fitness development and educate you on moderate lifestyle changes.

### Kerry James



My training philosophy:

- > Focus on the fundamentals of movement
- > Apply the five components of fitness, which include: muscular strength, body compositions, muscular endurance, cardio respiratory endurance, and flexibility

- > Reachable goals
- > Teach workouts that clients can also recreate on their own
- > Workouts are tailored to individual needs
- > For sports specific training, I challenge and push the athletes to reach their full potential

**Workout with one of our personal trainers in a non-intimidating private setting!**

# COMMIT TO BE FIT!

With a fitness membership you can drop in anytime for any of these great classes shown here. **FLEXIBLE. EASY. FUN.**



## ABS'OLUTE CORE & STRETCHING

This class focuses on routines that are designed to increase your core strength and improve your posture, energy and flexibility. Beginners welcome and bring a yoga mat if you have one.

## BOOT CAMP—A.M.

Start your morning off right with a total body circuit including bodyweight, core, battle ropes, medicine balls, kettlebell, plyometric, kickboxing type workouts and more!

## BOOT CAMP—LUNCHTIME

This class will put you to the test with high-intensity, full-body workouts that target the major muscle groups of the upper & lower body, specifically designed for maximum calorie burn in the shortest amount of time. From circuit-style and functional exercises that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, resistance bands, and body weight. Great for people with busy schedules who need to pack a hard workout into a quick 50 minutes.

## JAZZERCISE

We bring the moves, you turn up the heat! You want that look good, feel great, got-my-stride-on-and-you-love-it confidence? That's where we come in. It's a calorie-torching, hip swiveling, Shakira'd-be-proud party with a hot playlist to distract you from the burn (up to 800 calories-per-hour). We'll leave you breathless, toned and coming back for more.

**NOW INCLUDED!**

## MIXXEDFIT®

MixedFit® is a people-inspired dance fitness program that is a perfect blend of explosive dancing and boot camp toning. MixedFit® combines popular dance music typically heard on the radio with repetitive, easy to follow dance moves and boot camp toning to create a workout that is challenging, effective, and FUN!

## RIZZMIC®

A 60 minute cardio roller coaster through American dance! We begin with a five minute, warm up sequence, then we delve into the melting pot. We'll go from a 1950's jitterbug to a heavy hitting hip hop routine, then a high energy country swing, followed by a dramatic Broadway number. We will always end class with a low intensity cool down routine and lyrical stretch. Rizzmic® is a high intensity dance fitness experience that seamlessly blends exercise with truly stylized dance!

## STRENGTH 45 BY JAZZERCISE

Fire up your muscles for 45 minutes with Strength 45 or go for a full hour of max burn with our Strength 60 class. These muscle sculpting workout will transform you! A hardcore mix of standing and floor work target the major muscle groups to melt fat and carve your curves. Stability balls, weights, tubes and natural resistance engage your muscles while eat-pumping playlists distract you from the burn. You are gonna love the results. Burn up to 800 calories and chisel your core, arms, shoulders, back, legs, glutes and everything in between. These muscle sculpting strength work outs are a fab way to cross-train your body so you can get the most out of every class!

## TABATA

Burn more calories in less time! This is a workout that is short, efficient and can fit in almost any fitness program at varying fitness levels/ability. Basic TCC Tabata outline: six exercises, 20 seconds at your personal best, 10 seconds rest in between each exercise. Total of eight sessions/rounds.

## TAI CHI

This class will introduces the basic movements of Tai Chi with a focus on the fundamentals of the practice and an emphasis on relaxation. By the end of the course, students will have learned a beginning Tai Chi pattern excerpted from the Standard 24 Form. If there is time there may be instruction in the entire 24 posture pattern form. This course is geared toward students who are new to Tai Chi, but all students, regardless of experience, are welcome.

## YOGA \* No class in September \*

Viniyoga style is an approach to yoga that adapts the various yoga poses and practices to the needs of the individual in the moment. This is accomplished by adapting the pose to the individual rather than forcing the person to fit into an idealized pose. We use props and gentle guidance to build a safe and effective practice.



CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>ABSOLUTE CORE &amp; STRETCHING</b>			6:30–7:20am Fitness Studio			
<b>BOOT CAMP—A.M.</b>	6:30–7:20am Gym				6:30–7:20am Gym	
<b>BOOT CAMP—LUNCHTIME</b>	12:05–12:55pm Gym		12:05–12:55pm Gym		12:05–12:55pm Gym	
<b>JAZZERCISE</b> 	7:50–8:50am Dance Studio 6:05–7:05pm Banquet	6:05–7:05pm Banquet Hall	7:50–8:50am Dance Studio 6:05–7:05pm Banquet	6:05–7:05pm Banquet Hall	7:50–8:50am Dance Studio	9:15–10:15am Dance Studio
<b>MIXKEDFIT®</b>		5:00–5:55pm Dance Studio				
<b>RIZZMIC®</b>		7:15–8:15pm Dance Studio		7:15–8:15pm Dance Studio		
<b>STRENGTH 45</b> <i>BY JAZZERCISE</i>	7:10–7:55pm Banquet Hall	7:10–7:55pm Banquet Hall	7:10–7:55pm Banquet Hall			
<b>TABATA</b>		12:05–12:55pm Gym		12:05–12:55pm Gym		
<b>TAI CHI</b>	6:00–7:00pm Dance Studio		6:00–7:00pm Dance Studio			
<b>YOGA</b> <i>No class in September</i>		6:00–7:30pm Classroom B		6:00–7:30pm Classroom B		

**Schedule subject to change. Check the website for most current information.**

	ADULT	YOUTH (17 & under) and SENIOR (50+)
<b>10-visit Fitness Punch card*</b>	\$45 / \$40 RD	\$27 / \$24 RD
<b>1-Month Pass*</b>	\$36 / \$29 RD	\$24 / \$19 RD
<b>3-Month Pass*</b>	\$99 / \$78 RD	\$66 / \$51 RD
<b>6-Month Pass*</b>	\$185 / \$148 RD	\$121 / \$97 RD

\*The above passes include use of the fitness room, fitness classes, and open gym activities during scheduled sessions.



## NO JOINING FEES!



# Adult Athletics

## Adult Volleyball League

**Tuesdays // 6:00–9:00pm**

Adult COED Volleyball leagues are offered three (3) times throughout the year. All games are played at TCC on Tuesday nights starting at 6pm. Teams play two matches of three games per night. Level of play is Recreational (non-spiking & non-blocking). The league is self-officiated (call your own) and teams must have 3 women on the court at all times. Teams play 20 league matches—no playoffs. Teams must have 50% or more residents on the roster to qualify for the resident discount.

### Fall League

Oct 11–Dec 13    \$175 / \$160 RD    19893

### Winter League

Jan 10–Mar 14    \$175 / \$160 RD    19894



## Women's Only Fitness Times

**Saturdays 2:00–4:00pm**

**Sundays 1:00–3:00pm**

**TCC Fitness Room**

Adult 40+ • Daytime

## Open Gym Basketball

**Tues & Thur, 1:00–3:00pm**

Drop in fees required  
(included in fitness pass membership)  
\*Cancellations may occur without prior notice



The Junius Boling Athletic Club was founded in 2016 in honor of Seahawks #89, Doug Baldwin's Grandfather. Mr. Boling has had a positive impact in the lives of many men and women in the Pensacola, FL area. He taught respect and the value of life through relationships. It is the goal of the JBAC to bring those same values to the Pacific Northwest and make a difference through community and athletics, starting with adults!

The mission of the JBAC is to create a positive impact among youth and families through athletics. Making health and wellness more than just an idea, but a lifestyle. They hope to create an environment that not only changes lives, but helps the youth and families of tomorrow grow, and encourages positive adult role models to step forward.

**There will be ZERO TOLERANCE for fighting, foul language, and mistreatment of players and staff. All players MUST sign the roster, a liability waiver, and code of conduct.**

**SATURDAY MORNING DIVISION**

OR

**THURSDAY EVENING DIVISION**

**League Plays at Tukwila Community Center**

League Begins Mid-September // Registration Deadline August 9th

**Register at [juniusbolingathleticclub.com](http://juniusbolingathleticclub.com)**

- » Price per team is \$700.00 (After August 9, team fee is \$750)
- » Price includes full uniforms
- » Limit of 6 teams per division
- » 8 regular season games, and an end of season tournament
- » Awards will be given out for MVP, Most Improved Player, Best Defensive Player, and the Best 6th Man