



Schedule subject to change. Check www.tukwilawa.gov/athletics-fitness for most current information.

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
RIDE R30	5:30–6:30pm 	12–12:30pm 	5:30–6:30pm 	12–12:30pm 		
LUNCHTIME YOGA		12:05–12:55pm Dance Studio		12:05–12:55pm Dance Studio		
POWER	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	5:30–6:30pm Gym	12:00–1:00pm Gym	8:15–9:15am Jan 18–Mar 7: 7:45–8:45am
POP PILATES				7:10–7:55pm Banquet Hall		
CENTERGY	6:30–7:30pm Dance Studio		6:30–7:30pm Dance Studio			9:30–10:30am Dance Studio
RIZMIC ALL AMERICAN DANCE FITNESS		7:15–8:15pm Dance Studio		7:15–8:15pm Dance Studio		

INCLUDED WITH FITNESS MEMBERSHIPS/PASSES *See page 4*

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STRENGTH 		7:05–7:50pm Banquet Hall				
DANCE MIXX 	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall	6:05–7:05pm Banquet Hall		

JAZZERCISE \$5 / class for pass holders



R30 is your 30-minute cardio workout. Music will make the time fly, and you will feel great working up a sweat! You can make the most out of R30, no matter if you are just starting an exercise program or have been racing bikes for years. It's only 30 minutes and the format is easy to follow. Since the bike is completely adjustable, you are in control. It's also perfect for those that are short on time.



Group Ride is a fantastic way to improve your cardio fitness, burn calories, shape and strengthen your lower body, and have fun while doing it! Since you control the intensity of the workout by adjusting your own bike, it's a great workout for all ages whether you are just starting out or are an avid cyclist looking to train indoors. It's also a great option to add to your other workouts.



Group Power combines traditional strength exercises with the hottest functional training moves to make you fitter and stronger. High-rep training, athletic movements, and a periodized training approach are key components of this results-driven workout. Add to this dynamic and motivational music and it simply is the most fun you'll have strength training.



Group Centergy is a perfect way to improve balance, mobility, flexibility, and strength. It puts back all that we take out and really centers your energy. It's ideal to be your workout of choice or add it once a week to your current workouts to reinvigorate the mind and body.



A 60-minute cardio roller coaster through American dance! Rizzmic® is a high-intensity dance fitness experience that seamlessly blends exercise with truly stylized dance!



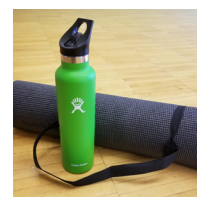
Recharge mid-day with yoga for all levels of fitness and experience. Improve mental and emotional well-being as well as flexibility, strength and posture!



POP Pilates is a total body, equipment-free workout that sculpts a rock solid core and a lean dancer's body. Each class is a powerful fusion of music, strength, and choreography that takes classical Pilates to the next level. POP Pilates is a dance on the mat.

Class Age Requirements

Must be 13 or older. Under 16 must be accompanied by adult. **Under 18** must complete orientation before using equipment.



Fitness class participants are encouraged to bring water and a mat.



\$5 per class for pass holders This high-intensity dance workout mixes modern moves with strength training. Set to Top 40 music, Dance Mixx targets the 3 major muscle groups for a full body workout.



\$5 per class for pass holders This muscle-sculpting, hurts-so-good-it's-worth-it class combines weights and resistance training to create a tight, lean body.