

Kingston Fitness

Group Fitness Class Schedule

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
5:15-6:15am Studio Cycle (Julie)		5:15-6:10am Studio Cycle (Maria)	7:00-7:45am Circuit F.I.T. (Andrew)	5:15-6:10am Studio Cycle (Julie)	
6:15-7:15am Body Pump (Misty)	8:00-9:00am PIYO (Sandy)	6:15-7:00am Body Pump (Misty)		6:15-7:00am Body Pump (Kim)	7:45-8:45am PIYO (Bekah)
	9:15-10:15am Studio Cycle (Misty)	7:15-8:15am Booty F.I.T. (Misty)	8:00-9:00am PIYO (Martha)	7:30-8:15am PLYO FIT (Andrew)	9:00-9:45am Studio Cycle (ROTATION)
8:00-8:45am PLYO FIT (Andrew)	10:15-11:00am Chair Yoga @Village Green (Martha)	11:15-12:00pm S.A.I.L. @Village Green (Sarah)	8:30-9:00am Hard Core (Alex)	9:15-10:15am Studio Cycle (Misty)	8:30-9:00am Hard Core (Alex)
9:15-10:15am Power Pump (Andrew)	11:15-12:00pm Silver Sneakers Yoga™ (Martha)	9:15-10:15am Power Pump (Sarah)	11:00-11:45am Silver Sneakers Yoga™ (Martha)	9:15-10:15am Power Pump (Sarah)	
11:00-11:45am Silver Sneakers Classic™ (Sarah)	* Mat Pilates 12:15-1:00 pm (Lesley)	11:00-11:45am Silver Sneakers Classic™ (Martha)	* Mat Pilates 12:15-1:00 pm (Lesley)	10:30-11:15am Arthritis Class @Village Green (Martha)	<u>Sun</u>
12:00-12:45pm Silver Sneakers Classic™ (Sarah)	1:15-2:00pm Senior Studio Cycle (Julie)	12:00-12:45pm Silver Sneakers Classic™ (Martha)	1:15-2:00pm Senior Studio Cycle (Julie)	11:00-11:45am S.A.I.L. (Sarah)	10:15-10:45am Hard Core (Alex)
5:15-6:15pm Yoga (Sandy)	5:15-6:15pm Yoga (Bekah)	5:15-6:15pm STRETCH F.I.T. (ANDREW)	5:15-6:15pm Studio Cycle (Maria)	12:00-12:45pm S.A.I.L. (Sarah)	11:00-11:45am Booty F.I.T. (Andrew)
6:30-7:20pm Body Pump (Lilli)	6:30-7:30pm Zumba (Olivia)	6:30-7:20pm Body Pump (Kim)	6:30-7:30pm Zumba (Olivia)		12:00-12:30pm STRETCH F.I.T. (Andrew)

Updated 12/15/2019

Fitness Center Hours

Monday - Thursday: 5am-8pm

Friday: 5am-7pm

Saturday & Sunday: 7:30am-1pm

GYM: (360) 297-3336

*Denotes Specialty Fee Based Class Not Included with Membership

Studio Cycle

Get a blast of a workout—these fun, intense workouts are fast paced, but perfect for beginner or advanced students alike. Guaranteed to improve your cardiovascular fitness. First-timers should plan to arrive 10 minutes early for bike fitting and form instruction.

Power Pump

Try this 60 minute class that focuses on toning and strengthening using dumbbells, balls and bands. Great for all fitness levels.

Hard Core

A 30 minute class designed to make your core strong and better than ever! Complements any fitness program.

Yoga

Try this class out if you are interested in increasing your flexibility, stability and balance. Gentle movements and positions are easy enough for beginners. Come relax & unwind.

PIYO

A Pilates and Yoga fusion class. Get the best of both worlds by stretching and toning your muscles and core while improving stability and balance.

ZUMBA

A Latin, salsa and hip hop dance class rolled into one. Join the fun and dance away those unwanted pounds! This class is great for all fitness levels.

Silver Sneakers Classic

The nation's leading fitness program for older adults. Have fun and move to music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance, while a chair is used for seated and/or standing support.

Silver Sneakers (Chair) Yoga & Village Green Chair Yoga

This class offers exercises to improve joint range of movement, core strength, posture and breathing efficiency while promoting stress reduction and a sense of well-being.

Body Pump

A 50 minute class using barbells and hand weights. This class will give you a full body workout! Great for anyone looking to get lean, toned and fit.

Mat Pilates (Fee Based Class)

Improve posture and restore natural muscular balance. Achieve core strength, flexibility and neuromuscular control of key muscle groups. Reduce stress and increase stamina. Class led by one of our Physical Therapist Assistants.

Arthritis Class/Lifelong FIT

This class is designed for individuals with arthritis, related rheumatic diseases, and musculoskeletal conditions.

PLYO F.I.T.

Take the training wheels off your normal circuit training. This workout will not only help with weight-loss and strength, but with your overall performance in everyday activities. Full body plyometrics crossed with active recovery resistance training will have you burning calories, gaining strength and adding a skip in your step in this 45 minute class.

S.A.I.L. (Stay Active & Independent for Life)

SAIL a strength, balance and fitness program for adults 65 and older. Performing exercises that improve strength, balance and fitness is the single most important activity adults can do to stay active and reduce their chances of falling. The entire curriculum of activities in the Stay Active and Independent for Life (SAIL) program can help improve strength and balance, if done regularly.

Booty Fit: This one hour high intensity class is designed to shape, tone and tighten your glutes and core. Strong glutes and core play a large part in proper posture and preventing lower back, hip, knee, and foot pain.

Circuit F.I.T.

Follow a developed Circuit of exercises for a full body, high energy workout. From Beginner to Advanced workout levels. Modifications available. Optimal Caloric Burn!!

STRETCH F.I.T.

Strengthen and stretch the body as well as release excess tension while strengthening postures that hold a body in balance. Stretching is a great way to help our bodies move through out daily life with more energy, less pain, greater ease and better focus.