

Kingston Fitness Group Fitness Class Schedule

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
5:15-6:00am Studio Cycle (Julie)		5:15-6:00am Studio Cycle (Maria)		5:15-6:00am Studio Cycle (Julie)	
6:15-7:15am Body Pump (Sarah)		6:15-7:15am Body Pump (Misty)		6:15-7:15am Body Pump (Sarah)	
	8:00-9:00am PIYO (Suzanne)		8:00-9:00am PIYO (Martha)		8:00-9:00am PIYO (Bekah)
		8:30-9:00am Hard Core (Sarah)		8:00-9:00am Booty Core & Stretch (Andrew)	
9:15-10:15am Power Pump (Sarah)	9:15-10:15am Studio Cycle (Misty)	9:15-10:15am Power Pump (Sarah)	9:15-10:15am Studio Cycle (Misty)	9:15-10:15am Power Pump (Andrew)	9:15-10:15am Studio Cycle (Jessa)
11:00-11:45am Senior Fitness (Sarah)	11:15-12:00pm S.A.I.L. (Sarah)	11:00-11:45am Senior Fitness (Martha)	11:15-11:45am Chair Yoga (Martha)	11:00-11:45am Senior Fitness (Andrew)	
	* Mat Pilates 12:15-1:00 pm (Lesley)		* Mat Pilates 12:15-1:00 pm (Lesley)		<u>Sun</u>
	1:30-2:15pm Senior Studio Cycle (Julie)		1:30-2:15pm Senior Studio Cycle (Julie)		10:00-11:00am Booty Core & Stretch (Andrew)
6:30-7:30pm Body Pump (Lilli)	5:15-6:15pm Yoga (Bekah)	6:30-7:20pm Body Pump (Rotation)	5:15-6:15pm Studio Cycle (Maria)		

Updated 10/15/2019

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

Fitness Class Descriptions

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 and 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.

Senior Fitness

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.

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 45-60 minute class using barbells and hand weights. This class will give you a full body work out! 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.

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 Core & Stretch: 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. Finish off with 15 minutes of all stretching