

SEPTEMBER

Mukilteo Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY
<p>7:30 - 8:30 am - Water Fitness with Gaynel (Pool)</p> <p>9-10 am - Group Power with Laura (W2)</p> <p>10 -11 am - Group Ride with Shaunda (W1)</p> <p>10:15 - 11:15 am - Zumba Toning with Joan (W2)</p> <p>11:30 -12:15 pm - Chair Yoga with Karen (W2)</p> <p>3:30 - 4:15 pm—TRX with Laura (W2)</p> <p>4:45 - 5:45 pm - Yoga with Karen (W2)</p> <p>6 -7 pm - Group Power with Melinda (W2)</p> <p>6:15 - 7:15 pm - Group Ride with Shaunda (W1)</p> <p>7:15 - 8:15 pm - Yoga with Karl (W2)</p>	<p>7 - 8 am - Yoga with Theresa (W2)</p> <p>9 -10 am - Group Fight with Laura (W2)</p> <p>10 - 11 am - Pilates with Ashley (W1)</p> <p>10:15 -11:15 am - TRX with Joanie (W2)</p> <p>11:30-12:15 pm - Forever Fit with Karen (W2)</p> <p>4:15 - 5:55 pm Youth Dance* (W2)</p> <p>6 -7 pm - Zumba with Christine (W2)</p> <p>6:15 -7:15 pm -Barre with Melinda (W1)</p> <p>7:15—8:15 pm - Group Active with Holly (W2)</p>	<p>7:30 - 8:30 am - Water Fitness with Gaynel (Pool)</p> <p>9 -10 am - Group Power with Laura (W2)</p> <p>10 -11 am - Group Ride with Shaunda (W1)</p> <p>10:15 -11:15 am - Zumba with Joan (W2)</p> <p>11:30 -12:15 pm - Chair Yoga with Sarah (W2)</p> <p>3:30 - 4:15 pm—TRX with Laura (W2)</p> <p>4:45 - 5:45 pm - Yoga with Karen (W2)</p> <p>6 -7 pm - Group Power with Melinda (W2)</p> <p>6:15 - 7:15 pm - Group Ride with Shaunda (W1)</p> <p>7:15 - 8:15 pm - Yoga with Karl (W2)</p>
THURSDAY	FRIDAY	SATURDAY
<p>7 - 8 am - Yoga with Theresa (W2)</p> <p>9 -10 am - Group Fight with Laura (W2)</p> <p>10 - 11 am - Pilates with Ashley (W1)</p> <p>10:15 -11:15 am - TRX with Joanie (W2)</p> <p>11:30-12:15 pm - Forever Fit with David (W2)</p> <p>4:15 - 5:55 pm Youth Dance* (W2)</p> <p>6 -7 pm - Zumba Toning with Gail (W2)</p> <p>6:15 -7:15 pm -Barre with Melinda (W1)</p> <p>7:15—8:15 pm - Group Active with Holly (W2)</p>	<p>7:30 - 8:30 am - Water Fitness with Wendy (Pool)</p> <p>9 -10 am - Group Active with Laura (W2)</p> <p>10:15 - 11:15 am - Zumba Gold with Gail/Joan (W2)</p> <p>11:30 - 12:15 pm - Basic Sculpt and Tone with David (W2)</p>	<p>8:15 - 8:45 am - R30 with Laura (W1)</p> <p>9 - 10 am - Group Power with Hannah (W2)</p> <p>9 -10 am - Yoga with Theresa (W1)</p> <p>10:15 - 11:15 am - Zumba with Gail (W2)</p> <p>Schedule starts 9/6 *Requires pre-registration; additional fee Fitness Happy Hour: Friday 9/30 at 6 pm in W2 Open to the Community!</p>

CLASS DESCRIPTIONS:

Barre: A total body workout that fuses ballet barre exercises, Pilates core work, yoga flexibility and resistance training that will sculpt, stretch and tone major muscle groups. Class may include balls, bands or dumbbells. No dance experience needed.

Basic Sculpt and Tone: This class is designed with the new exerciser in mind. Expect to experience many ways to improve your cardio fitness and increase strength. We will incorporate and introduce many of our other formats in the workout so you feel confident attending the classes at the Y.

Chair Yoga: Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. Suitable for all levels of exercisers.

Forever Fit: This low impact class incorporates cardio, core and resistance training to build strength, improve balance, and increase range of motion. Whether you are a senior, beginner, pre/post natal or recovering from an injury, this all level fitness class will work your entire body and help you stay Forever Fit!

GROUP ACTIVE: Group Active gives you all the fitness training you need – cardio, strength, balance, and flexibility in just one hour. Get stronger, fitter, and healthier with inspiring music, adjustable dumbbells, weight plates, body weight, and simple athletic movements. **ACTIVATE YOUR LIFE!**

GROUP FIGHT: Group Fight is a gripping hour that burns a ton of calories and builds total body strength. Tap into the hottest mixed martial arts movements done at a rapid-fire pace to smash your cardio fitness! From the boxing ring to the fighting cage, Group Fight combines cutting-edge moves with thrilling music. This electric experience is addictive! **FIGHT FOR IT!**

GROUP POWER: Blast all your muscles with a high-rep weight training workout. Using an adjustable barbell, weight plates, and body weight, this workout combines squats, lunges, presses, and curls, with functional integrated exercises. Dynamic music and a motivating group atmosphere will get your heart rate up!

GROUP RIDE: It's a 60 minute cycling experience brought indoors. Roll over hills, chase the pack, spin the flats, climb mountains and sprint to the finish. Feel the thrill of energetic music and group dynamics as you get all the benefits of authentic interval training.

R30: (Cycle 30) It's a cardio workout that is as easy as riding a bike. Inspiring music and motivating coaching will get you to burn calories, improve muscular endurance and build cardio fitness as you ride with surges, short intervals, power and end with a rush. Everyone finishes first in this class!

Pilates: Pilates is a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements. Pilates emphasizes proper postural alignment, core strength and muscle balance.

TRX: TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability simultaneously. It requires the use of the TRX Suspension Trainer, a performance training tool that leverages gravity and the user's body weight to complete the exercises.

Water Fitness: Water Fitness offers a fun, upbeat, low-impact workout to get the heart pumping and blood flowing throughout the body while exercising in the water. It is not only aerobic, but also strength-training oriented due to the water resistance. Moving your body through the water creates a resistance that will activate muscle groups. Suitable for ages 14 and up.

Yoga: Incorporate static and dynamic flexibility movements using yoga postures and positions to increase flexibility, reduce stress, and improve strength and posture. All yoga classes end with a 5 minute restorative, relaxation period. Note: Each instructor will give you a different experiences so try out a few for variety!

Zumba®: A fusion of Latin and International dance themes creates a dynamic, exciting, effective fitness system. Zumba® uses the principles of interval and resistance training to maximize caloric output, fat burning and total body toning.

Zumba Gold®: Zumba Gold is a modified Zumba class for active older adults that recreates the original moves you love at a lower-intensity. The design of the class introduces easy-to-follow Zumba choreography that focuses on balance, range of motion and coordination.

Zumba Toning®: Zumba Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. During class we will incorporate lightweight toning sticks to enhance rhythm and tone all their target zones, including arms, abs, and thighs.