

NOVEMBER

Mukilteo Group Exercise Schedule

MONDAY	TUESDAY	WEDNESDAY
<p>7:30-8:30 am: Water Fitness Gaynel (Pool)</p> <p>9-10 am: Group Power Laura (W2)</p> <p>9:30-10 am: HIIT Shaunda (W1)</p> <p>10:15-11:15 am: Group Ride Shaunda (W1)</p> <p>10:15-11:15 am: Zumba Toning Joan (W2)</p> <p>11:30-12:15 pm: Chair Yoga Karen (W2)</p> <p>4:45-5:45 pm: Yoga Hunter (W2)</p> <p>6-7 pm: Group Power Melinda (W2)</p> <p>6-7 pm: Group Ride Shuanda (W1)</p> <p>7:15-8:15 pm: Yoga Karl (W2)</p>	<p>7-8 am: Yoga Theresa (W2)</p> <p>7:30-8:30 am: Water Fitness Cynthia (Pool)</p> <p>9-10 am: Group Fight Laura (W2)</p> <p>10:15-11:15 am: Pilates Ashley (W1)</p> <p>10:15-11 am: Bootcamp Joanie (W2)</p> <p>11:30-12:15 pm: Forever Fit Karen (W2)</p> <p>6-7 pm: Zumba Christine (W2)</p> <p>6-7 pm: Barre Melinda (W1)</p> <p>7:15-8:15 pm: Group Active Holly (W2)</p>	<p>7:30-8:30 am: Water Fitness Gaynel (Pool)</p> <p>9-10 am: Group Power Laura (W2)</p> <p>9:30-10 am: HIIT Shaunda (W1)</p> <p>10:15-11:15 am: Group Ride Shaunda (W1)</p> <p>10:15-11:15 am: Zumba Joan (W2)</p> <p>11:30-12:15 pm: Chair Yoga Sarah (W2)</p> <p>4:45-5:45 pm: Yoga Karen (W2)</p> <p>6-7 pm: Group Power Melinda (W2)</p> <p>6-7 pm: Group Ride Shaunda (W1)</p> <p>7:15-8:15 pm: Yoga Karl (W2)</p>
THURSDAY	FRIDAY	SATURDAY
<p>7-8 am: Yoga Theresa (W2)</p> <p>9-10 am: Group Fight Laura (W2)</p> <p>10:15-11:15 am: Pilates Ashley (W1)</p> <p>10:15-11 am: TRX Joanie (W2)</p> <p>11:30-12:15 pm: Forever Fit David (W2)</p> <p>6-7 pm: Zumba Toning Gail (W2)</p> <p>6-7 pm: Barre Melinda (W1)</p> <p>7:15-8:15 pm: Group Active Holly (W2)</p>	<p>7:30-8:30 am: Water Fitness Wendy (Pool)</p> <p>9-10 am: Group Active Laura (W2)</p> <p>10:15-11:15 am: Zumba Gold Gail/Joan (W2)</p> <p>11:30-12:15 pm: Basic Sculpt and Tone David (W2)</p>	<p>8:15-8:45 am: R30 Laura (W1)</p> <p>9-10 am: Group Power Hannah (W2)</p> <p>9-10 am: Yoga Theresa (W1)</p> <p>10:15-11:15 am: Zumba Gail (W2)</p> <p>Effective 10/31</p> <p>Burn the Bird—Thursday 11/24 8 AM—10 AM</p> <p>Black Friday Happy Hour— Friday 11/25 9 AM—11 AM</p> <p>Burn the Bird and Black Friday Schedules will be posted soon</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.

Bootcamp: An interval training class that mixes calisthenics and body weight exercises with cardio and strength training. With a new workout every time, these classes are designed to push you harder than they'd push yourself and to always keep the body guessing.

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.

HIIT: High Intensity Interval Training - involves repeated bouts of high intensity effort followed by varied recovery times. This type of training can be accomplished using body weight, resistance bands, free weights, medicine balls or weight machines all in 30 minutes!

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.