

# GROUP EXERCISE CLASS CALENDAR

Effective July 7, 2018

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			6:00am - 6:50am <b>BODY FIT</b> Matt		8:00am - 9:00am <b>BARRE</b> Summer Hiatus until Sept
8:30am - 9:30 <b>CIRCUIT TRAINING</b> Amanda	8:45am - 9:45am <b>YOGA</b> Kathleen	8:30am - 9:30am <b>TOTAL BODY CONDITIONING</b> Louise	8:45am - 9:45am <b>YOGA</b> Amy	8:30am - 9:30am <b>TABATA</b> Amanda	9:15am - 10:15am <b>CYCLE</b> Summer Hiatus until Sept
9:45am - 10:45am <b>PEAK 212**</b> <b>Cycle Studio</b> Amanda	10:15am - 11:00am <b>SilverSneakers® Classic</b> Kathleen	9:45am - 10:45am <b>PEAK 212**</b> Roy	10:15am - 11:00am <b>SilverSneakers® Classic</b> Kathleen	9:45am - 10:45am <b>PEAK 212**</b> Nancy	9:15am - 10:15am <b>STEP</b> Melissa/Louise
10:15am - 11:00am <b>SilverSneakers®</b> Cardio Circuit/YogaStretch Sheri	11:15am - 12:00pm <b>PEAK 212 **</b> Nancy	12:15pm - 1:00pm <b>INTERVAL &amp; STRENGTH</b> Rhonda	11:15am - 12:00pm <b>PEAK 212 **</b> Nancy	11:15am - 12:00pm <b>PEAK 212 **</b> Nancy	10:30am - 11:30am <b>POWER YOGA / YOGA</b> Various
11:15am - 12:00pm <b>PEAK 212 **</b> Nancy	12:15pm - 1:00pm <b>ZUMBA</b> Kristina	12:15pm - 1:00pm <b>CYCLE</b> Rich	12:15pm - 1:00pm <b>ZUMBA</b> Christina R	11:15am - 12:15pm <b>CYCLE</b> Christina B	12:00pm – 1:00pm <b>WEEKEND WARRIOR</b> Calvin
12:15pm - 1:00pm <b>TOTAL BODY</b> <b>CONDITIONING</b> Christina B	12:15pm - 1:00pm <b>CYCLE</b> Rich	4:30pm - 5:20pm <b>ZUMBA</b> Christina R	12:15pm - 1:00pm <b>CYCLE</b> Rich	12:15pm - 1:00pm <b>INTERVAL &amp; STRENGTH</b> Lindsey	 <p><b>Club Hours</b> M-Th: 5am-10pm Fri: 5am-9pm Sat: 7am-7pm Sun: 7am-5pm</p> <p><b>Kid's Club Hours</b> M-Fri: 8:30am-1pm &amp; 4pm-8pm Sat: 8am-1pm</p>
12:15pm - 1:00pm <b>BARRE</b> Rhonda	4:30pm - 5:20pm <b>STEP</b> Melissa	5:30pm - 6:30pm <b>CARDIO KICK</b> Matt	4:30pm - 5:20pm <b>TOTAL BODY</b> <b>CONDITIONING</b> Lindsey		
5:30pm - 6:30pm <b>TOTAL BODY</b> <b>CONDITIONING</b> Calvin	5:30pm - 6:30pm <b>CYCLE</b> Jill	5:30pm - 6:30pm <b>BARRE</b> Melissa	5:30pm - 6:20pm <b>WARM YOGA</b> Haji		
7:00pm - 8:00pm <b>TAI CHI</b> Dennis	5:30pm - 6:30pm <b>PEAK 212 **</b> Roy				

**PEAK Health & Fitness – 2902 Rucker Ave – Everett, WA 98201 – 425.258.3862 – [peakeverett.com](http://peakeverett.com) – [facebook.com/peakfiteverett](https://www.facebook.com/peakfiteverett)**

All participants should be in good health and consult a physician before engaging in an exercise program.  
All group exercise classes are included with your PEAK Health & Fitness membership. Non-member drop in fee is \$10.

**\*\* PEAK 212 – Open to ALL Members: \$25 Foundation Session with a Personal Trainer is required for this class**

## Class Descriptions:

**BARRE** – This full body workout will incorporate small repetitive dancer and Pilates exercises using a ballet barre for balance. These non-impact conditioning techniques will help create long, lean, toned muscles similar like dancers without having to learn to dance. You'll improve your posture, balance and muscle tone.

**BodyFit** – Get your whole BodyFit! A full body workout that is a combination of various body weight exercises, plyometric and light weights all done at a high pace designed to give you a complete workout.

**Cardio Kick** – A cardio class using a combination of kickboxing, core movements, dance, boxing and various plyometric exercises. It's a fun, innovative way to increase your cardio health & strength!

**Circuit Training** – A combination of high-intensity aerobics and resistance training designed in an easy to follow format targeting fat loss, muscle building, and cardiovascular fitness. This is a great class for all fitness levels.

**Cycle** – A great cardiovascular workout to spice up your mundane routine. The instructor will assist the new participant in proper bike set-up and appropriate instruction for each individual based on their level. We will provide the sweat towels and you provide the sweat and hard work. Bikes are available on a first come first serve basis.

**Interval & Strength** – Alternating cardio intervals with strength conditioning will maximize fat burning and muscle tone.

**\*\*PEAK 212** – Lead by a Certified Personal Trainer – this class consists of small group training (12 or less people) using various forms of functional exercises while providing both resistance and cardiovascular training creating a complete workout. Fun, high intensity workouts incorporating TRX, weighted ropes, jump ropes, BOSU, Kettlebells and much more.

**\*\* \$25 Foundations Session with a trainer required for participation in this class.**

**Silver Sneakers® Classic** – Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of motion, and activities for daily living. Hand held weights, elastic tubing, and balls will be used as well as a chair for seated and/or standing support.

**Silver Sneakers® Cardio Circuit / + YogaStretch** – The first 30 minutes will be Silver Sneakers® Cardio Circuit class just like the Classic format above but with more cardio included. The + Yoga Stretch class includes an additional 15 minutes of stretches and breathing techniques using the chair for seated and/or standing support.

**Step** – Increase your endurance through choreographed movements on the step platform. Burn calories while having fun at your own level. Each class provides beginner, intermediate, and advanced options. The instructor will assist new participants in setting up their step.

**Tai Chi** – A concentration on a series of movements that will result in a tranquil mind and relaxed body. Regular practice improves respiration, balance, coordination, strength, flexibility, and endurance.

**Total Body Conditioning** – Using the step platform and dumbbells, you will experience a total body workout designed to work all muscle groups. Some easy to follow moves on the step platform may be incorporated.

**Weekend Warrior**- Needing a boost at the end or beginning of your week? Come in for an hour of intense functional training. Whether dynamic, functional and or Olympic use of weights you will be sure to get the most bang for your buck out of this full hour of work!

**Yoga / Warm Yoga** – Increase flexibility, gain strength, and reduces stress through the incorporation of both static and dynamic flexibility movements and postures. For Warm Yoga, the room will be slightly warmer (between 75 - 80 degrees) with no additional humidity other than what your own body produces.

**Zumba®** – A fusion of Latin and International music that is great for the body and mind. High energy moves and motivating music provides an exciting and dynamic class that is guaranteed to burn calories.

**Tabata** - It's four minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10-second **rest** for a total of eight rounds. These workouts are fast-paced and burn tons of calories.