

May Group Exercise Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 Bootcamp (Gym) Kyle			5:45 Group Core Kyle	5:45 Bootcamp (Gym) Kyle	7:30 Group Core Bobby/Kyle	
7:45 Water Aerobics Maria	8:45 Group Power Bari	7:45 Water Aerobics Maria	8:45 Group Power Maria	7:45 Water Aerobics Maria	8:00 Group Kick Kyle	
8:50 Aqua Motion Dode/Dot	8:40 Water Cross Dode	8:50 Aqua Motion Bari	8:40 Water Cross Dode	8:45 Interval Training Darcy 75-min	9:05 Group Power Kyle/Mary	
9:00 Zumba Robin		9:00 Zumba Donna		8:50 Aqua Motion Bari		
	9:15 Total Body Conditioning (Gym) Jenny					
10:10 Group Power Dot	10:00 Group Step Bari	10:10 Group Power Beth	10:00 Group Step Bari	10:10 Group Power Bari	10:10 Group Step Mary	
12:00 **AIM** Range of Movement Bari	12:00 **AIM** Functional Training Dode	11:30 Group Core Chrissy				
	2:15 Aqua Motion Dode	2:15 **Tai Chi** Pheo	2:15 Aqua Motion Dode			2pm Group Power Mary/Dot
		4:15 Group Core John				
4:45 Step & Strength Darcy	4:45 Group Power Kyle	4:45 Step & Strength Darcy	4:45 Group Power Mary	5:30 Group Core Bari		
6:30 Group Core John	6:00 Zumba Robin	6:15 Group Core Bobby	6:00 Zumba Robin			
	6:00 Bootcamp (Gym) Jon		6:00 Bootcamp (Gym) Lindsay			
7:05 Group Kick John	7:00 Group Power Maria	7:00 Group Kick John	7:00 Group Power Maria			



All classes 60 minutes unless otherwise posted

Columbia Athletic Clubs-Silver Lake • 505 128th Street SE • Everett, WA 98208
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**Denotes: New Active Aging Class

Group Exercise Class Descriptions

BOOT CAMP/TOTAL BODY CONDITIONING: This class is designed to increase speed, agility, muscle strength, and endurance using basic military, plyometric, sport specific movements and calisthenics. Be all that you can be!

GROUP POWER: Group Power is your hour of power! This 60-minute barbell program strengthens all your major muscles in an inspiring, motivating group environment with fantastic music and awesome instructors. With simple athletic movements such as squats, lunges, presses, and curls, Group Power is for all ages and fitness levels. Discover results. Discover Group Power!

STEP & STRENGTH: Explosive step movements along with fun music and creative choreography. Enjoy this cardio class along with body conditioning that utilizes weights, bands, the ball and more!

GROUP STEP: Discover new heights with Group Step! Utilizing the step in many positions and heights, this compelling 60-minute cardio program strengthens and shapes the lower body, one step at a time. Energetic music and motivating instructors create this spunky group exercise experience. Step this way with Group Step.

INTERVAL TRAINING: This hour does it all...Intervals of cardio, strength and abdominal training provide a full body workout. Get ready to get into great shape!

ZUMBATOMIC: Zumba isn't just for grown ups! This Latin- danced based workout is designed JUST FOR KIDS ages 7-12! Join us for an hour of fun dance exercise where you will learn the latest dance moves and have a great workout... all at once! **This class takes place in the Mind/ Body Studio**

GROUP KICK: Bring it on! This electric 60-minute fusion class of martial arts and boxing movements will kick your cardio fitness to the next level while defining and shaping your body and self confidence. Energetic music and awesome instructors and a group environment will keep you punching, kicking, and smiling! Group Kick will knock you out!

ZUMBA! Get ready to move! This Latin Dance based exercise class combines the best of Latin and traditional dance movements to make for a fun-filled hour of exercise. Shake, shimmy and move yourself into shape!

AIM (Age in Motion) Functional Training: The class is designed specifically for those individuals who are not able to get down on their hands and knees. All of the exercises we do in this class can be performed seated or standing. The class will focus on muscular strength, good body alignment, and balance along with developing and strengthening key muscle groups. Traditional strength and core exercises are incorporated by using a variety of resistance tools to help you become a stronger, more functional you. Layered Clothing & Tennis Shoes are recommended.

AIM (Age in Motion) Range of Movement: Try this full body workout focusing on body alignment, muscle awareness and increasing strength to help you accomplish day-to-day activities with more flexibility and energy. The chair and a variety of tools are incorporated to aid in joint mobility, muscle strength and mind/body balance! The best part, have fun while you move with friends. Layered Clothing & Tennis Shoes are recommended.

GROUP CORE: Let's get Hard Core! Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, and will help prevent back pain and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel and a platform—all to challenge you like never before. Reach your Peak with Group Core!

T'AI CHI: is a form of martial arts incorporating gentle, rhythmic movements. It is often promoted and practiced as a martial arts therapy for the purposes of health and longevity. T'ai Chi is considered a soft style art (an art applied with as much deep relaxation or "softness" in the musculature as possible) to distinguish its theory and application from that of the hard martial art styles which use a degree of tension in the muscles. T'ai Chi improves concentration, focus and memory, balance, endurance, flexibility, muscle tone and reduces stress.

Water Fitness

WATER AEROBICS: Straight- forward exercises done in an easy-to-follow pattern make this class a great way to get fit! Intervals of cardio and strength training movements are combined to maximize your workout time. Stretching completes the class. Heart rate monitors are encouraged.

AQUA MOTION: This class consists of range of motion, muscle strengthening, and endurance building activities as well as flexibility exercises. It incorporates walking or rebounding in various directions and strides utilizing specific upper body movements. This class will improve agility and range of movement, improve lateral movement, increase core strength, increase balance and body awareness. It is great for those with arthritis, fibromyalgia, joint replacements, post surgery rehab, pre and post natal or for cross training.

WATER CROSS: This class incorporates a cardiovascular workout with movements of running, jumping and bouncing. This class uses the techniques of circuit training and speed intervals and integrates exercises to improve muscular strength, endurance, range of motion, balance, and mobility. Pilates based exercises are included to develop "core strength and length." The class ends with yoga-style stretching to enhance posture

and body awareness. Discover the differences between movement in water and on land. Water workouts are wonderful for the active aging. This class is fun, innovative, and effective.