

# Group Fitness

Facility Hours: Monday–Friday: 5:30am–9:30pm • Saturday: 7:00am–6:00pm • Sunday: 9:00am–6:00pm

## Group Fitness Class schedule

Unlimited group classes are FREE with your membership

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:45–6:45am		<b>Group Fight</b> Gail	<b>Group Power</b> Gail	<b>Group Fight</b> Gail			
8:10–9:10am	<b>Group Centergy</b> Gail	<b>Group Power</b> Trisha	8:40–9:10 <b>Group Core</b> Doug	<b>Group Power</b> Doug	<b>Group Active</b> Trisha	7:45–8:45 <b>Group Blast</b> Mary	
9:15–10:15am		<b>Group Ride</b> Rob	<b>Group Ride</b> Rob	<b>Group Ride</b> Doug	<b>Group Ride</b> Rob		
	<b>Group Blast</b> Mary	<b>Group Power</b> Doug	<b>Group Fight</b> Trisha	<b>Group Power</b> Mary	<b>Group Centergy</b> Gail	8:50–9:20 <b>Group Core</b> Trisha	9:10–10:10 <b>Zumba</b> Carmen
10:20–11:20am	<b>Group Active</b> Trisha	<b>SilverSneakers Classic</b> Karen	<b>Low Impact Circuit</b> Anthony	<b>SilverSneakers Classic</b> Karen	<b>Low Impact Fight</b> Trisha	9:30–10:30 <b>Group Power</b> Nate	10:20–11:20 <b>Group Power</b> Mary/Hannah
11:25–12:15pm	<b>Smart Start</b> Sandy	<b>ChairYoga</b> Barbara	<b>Smart Start</b> Sandy	<b>ChairYoga</b> Barbara	<b>Smart Start</b> Sandy		11:25–12:25 <b>Group Centergy</b> Kelly
12:25–1:25pm	<b>Group Power</b> Rob	<b>Group Centergy</b> Patricia/Amy	<b>Group Active</b> Trisha	<b>Cardio Core</b> Trisha	<b>Group Power</b> David		
5:45–6:45pm	<b>Group Power</b> Gail	<b>Group Fight</b> Hannah	<b>Group Power</b> David	<b>Group Fight</b> Hannah			
6:00–6:50pm	<b>Group Ride</b> Hannah						
6:50–7:50pm	<b>Group Active</b> Kelly	<b>Group Power</b> Julie	<b>Group Centergy</b> Kelly	<b>Group Power</b> Tina			
7:55–8:55pm	<b>Zumba</b> Mandy	<b>Zumba</b> Lynda		<b>Zumba</b> Lynda			

\* Schedule is subject to change. For the most current schedule please visit <http://itallhappenshere.org/classes.html> or download our app to stay informed.



Android



Iphone

**Class descriptions on the Back**

**May 1, 2018**

Federal Way Community Center © 876 S. 333rd Street © 253-835-6900

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## Group Fitness Class Descriptions

Unlimited group classes are FREE with your membership

**Group Power**<sup>®</sup>—Our most popular fitness class. This barbell program strengthens all your major muscles using squats, lunges, presses and curls.

**Group Fight**<sup>®</sup>—A fusion class of martial arts and boxing movements timed to modern music. Punch, Fight and smile as you define and shape your body with confidence.

**Group Centergy**<sup>®</sup>—Will grow you longer and stronger with an invigorating 60-minute mind-body workout. It incorporates yoga and Pilates fundamentals with athletic training for balance, mobility, flexibility, and the core. Emotive music drives the experience as you breathe and sweat through this full-body fitness journey. **REDEFINE YOUR SELF.**

**Group Ride**<sup>®</sup>—Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone who can ride a bike. Group Ride is a FWCC Member only class. No day pass visitors please.

**Group Blast**<sup>®</sup>—Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and your sweat pouring. Have a blast with Group Blast!

**Group Core**<sup>®</sup>—Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, 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.

**Group Active**<sup>®</sup>—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!**

**Cardio Core**—Start with getting your heart rate pumping with 30 minutes of cardio, then keep the intensity going with weights and core activation for 50 minutes total. Stay for half or stay for the entirety. This class is a perfect fit for that lunch hour workout and is included in all memberships.

**Zumba**<sup>®</sup>—Interval training class using easy-to-follow movements. Tone and sculpt your body with resistance training to fast and slow Latin salsa rhythms. This class is included in all memberships.

**Smart Start**—This is a great class for the beginner, those with limited mobility, or those who are getting back into exercise after an illness or injury. Designed for ages 65+ but everyone is welcome. Includes cardio and strength circuits. You can learn the routine and progress at your own comfort level. Open to all membership types.

**SilverSneakers Classic**<sup>®</sup>—is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants' functional capacities.

**Low Impact Circuit**—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Strength work alternated with low-impact cardio exercise. A chair is used for standing support, stretching and relaxation exercises. This class is included in all memberships.

**Chair Yoga**—is a universal class designed specifically to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.