



TEMPORARY GROUP FITNESS SCHEDULE

GYM HOURS:
Modified due to Covid.

MON-FRI: 5AM-10PM
SAT: 7AM-7PM
SUN: 7AM-7PM

(360) 733-1600

BRING GUESTS FOR FREE

Must be 18 or older, 1st time visitor only, live or work in Whatcom County

Complimentary group fitness classes have restarted

For the safety and comfort of all, masks must be worn at all times.
All classes are free with membership, except the *Training Camp.
No reservations required at this time.

MON	TUES	WED	THURS	FRI	SAT
*TRAINING CAMP (6:00 AM)		*TRAINING CAMP (6:00 AM)		*TRAINING CAMP (6:00 AM)	
	PILATES MIX (8:30AM) <i>LALIA</i>	ZUMBA (9:30AM) <i>ADRIANE</i>	PILATES MIX (8:30AM) <i>LALIA</i>	ZUMBA (8:30 AM) <i>NATASHA</i>	
ZUMBA (9:30AM) <i>NATASHA</i>		ZUMBA TONING (10:30AM) <i>NATASHA</i>		ZUMBA TONING (9:30AM) <i>NATASHA</i>	ZUMBA (10:15AM) <i>NATASHA</i>
*TRAINING CAMP (5:30PM)	ZUMBA (5:30PM) <i>MARIA</i>	*TRAINING CAMP (5:30PM)	ZUMBA (5:30PM) <i>MARIA</i>	*TRAINING CAMP (5:30PM)	
ZUMBA (6:30PM) <i>DORY</i>	POWER PUMP (6:30PM) <i>JACKIE/ANNA</i>	ZUMBA & TONING (6:30AM) <i>BILLY</i>			

CLASSES INCLUDED WITH MEMBERSHIP:

Please let the instructors know if you're new so they can meet/ welcome you and provide extra assistance if needed.

ZUMBA: Dance exercises set to latin & international beats designed to sculpt your whole body. Very fun!

PILATES: Deep stretching & core exercises designed to flatten your abs and increase strength, flexibility & posture.

POWER PUMP: Light weight/ high rep group barbell class to sculpt, tone and strengthen your entire body fast. Up to 540 calories burned

**MORE CLASSES WILL BE ADDED AS WE MOVE THROUGH THE STAGES*

*INQUIRE AT FRONT DESK ABOUT THE FOLLOWING:

>**30-MINUTE CIRCUIT:** Free instruction on our 30 minute circuit combining cardio & weight training into one routine.

>**TRAINING CAMP:** Weight Loss, Toning & Conditioning. Provides all 3 pillars to success: Fitness/ Nutrition/ Accountability

>**PERSONAL TRAINING:** Dynamic functional training in a 1-on-1 or small group setting. Our Personal Training program designs won Men's Health Magazines "Best New Workout Program Award", and our trainers have won "Best Trainers" the last 10 years running (Best of the NW)!