







Fitness Room Schedule

Sept 9 - Dec 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> CENTERGY 6:00am	<small>GROUP</small> POWER 6:00am	<small>GROUP</small> CENTERGY 6:00am	<small>GROUP</small> POWER 6:00am	<small>Vinyasa Flow</small> Yoga 6:00am	<small>GROUP</small> CENTERGY 7:45am
TRX 7:30am		TRX 7:30am			<small>GROUP</small> fight 9:00am
ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	*  ZUMBA gold 9:00am	ZUMBA 10:00am	ZUMBA 10:10am
*  ENHANCE FITNESS 11:10am	<small>GROUP</small> ACTIVE 10:10am	*  ENHANCE FITNESS 11:10am	<small>GROUP</small> ACTIVE 10:10am	*  ENHANCE FITNESS 11:10am	<small>Vinyasa Flow</small> Yoga 11:10am
			<small>Vinyasa Flow</small> Yoga 11:15am		
	<small>Vinyasa Flow</small> Yoga 12:00pm				SUNDAY
<small>GROUP</small> fight 5:40pm	* Taekwondo	<small>GROUP</small> POWER 5:40pm	* Taekwondo		ZUMBA 9:45am
<small>GROUP</small> CENTERGY 6:50pm	 Super Circuit 7:10pm	<small>GROUP</small> CENTERGY 6:50pm	ZUMBA 7:10pm		

GROUP
ACTIVE

Group Active™ is a 60 minute workout that improves cardiovascular fitness, builds total-body strength, and enhances movement health for daily life. Ages 13+

GROUP
CENTERGY

Group Centergy™ incorporates yoga and pilates fundamentals with athletic training for balance, mobility, flexibility, and the core within 60 minutes Ages 13+

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! Ages 13+

GROUP
POWER

Group Power™ combines squats, lunges, presses and curls with functional integrated exercises. Ages 13+

 **Super Circuit**

Super Circuit! It'll be a fierce, full body cardio and strength workout set to fun music. We'll use everything from weights to TRX to kickbox moves and more! Ages 13+

TRX

TRX® is a suspended training system using bodyweight in a circuit style workout. Ages 13+

ZUMBA

ZUMBA® is a 60 min Latin infused dance-based workout. Ages 13+

*If you would like to join the email cancellation list, please sign up in the fitness studio or email Lynnwood_Rec@LynnwoodWA.gov *Registration is required for these classes, please see front desk.*