

Fitness Room Schedule

Oct 13 - Dec 31, 2024

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<small>GROUP</small> POWER 6:00am	<small>GROUP</small> CENTERGY 6:00am	<small>GROUP</small> POWER 6:00am	<small>GROUP</small> CENTERGY 6:00am	<small>Vinyasa Flow</small> Yoga 6:00am	<small>GROUP</small> CENTERGY 7:45am
TRX 7:30am	<small>GROUP</small> CORE 7:10am	TRX 7:30am	<small>GROUP</small> CORE 7:10am	<small>GROUP</small> fight 7:10am	<small>GROUP</small> fight 9:00am
ZUMBA 10:00am	* <small>ZUMBA gold</small> ZUMBA 9:00am	ZUMBA 10:00am	* <small>ZUMBA gold</small> ZUMBA 9:00am	<small>GROUP</small> CORE 8:20am	ZUMBA 10:10am
* <small>ENHANCE FITNESS</small> ENHANCE FITNESS 11:10am	<small>GROUP</small> ACTIVE 10:10am	* <small>ENHANCE FITNESS</small> ENHANCE FITNESS 11:10am	<small>GROUP</small> ACTIVE 10:10am	ZUMBA 10:00am	<small>Vinyasa Flow</small> Yoga 11:10am
<small>GROUP</small> CORE 1:00pm	<small>GROUP</small> CORE 11:15am		<small>Vinyasa Flow</small> Yoga 11:15am	* <small>ENHANCE FITNESS</small> ENHANCE FITNESS 11:10am	
	<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> CORE 6:50pm	Super Circuit 7:10pm	<small>GROUP</small> CENTERGY 6:50pm	ZUMBA 7:10pm		
<small>GROUP</small> CENTERGY 7:30pm					



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



Group Core is a 30-minute workout will strengthen your body, shoulders to hips, front to back, and side to side, which can also reduce back pain and help you move with ease in real life. Bring a light towel at least 30in. Ages 13+



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



Vinyasa is a yoga class where postures flow smoothly from one move to another, seamlessly, using breath. Ages 13+



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



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.*