

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
On the Ball 9:15-10:00 <i>Alex</i>	TRX 9:15-10:00 <i>Alex</i>	On the Ball 9:15-10:00 <i>Alex</i>	TRX 9:15-10:00 <i>Alex</i>		Yoga 9:00-10:00 <i>Judy</i>
SilverSneakers® 10:45-11:30 <i>Lori</i>	Stretching 101 10:15-11:00 <i>Alex</i>	SilverSneakers® 10:45-11:30 <i>Lori</i>	Stretching 101 10:15-11:00 <i>Alex</i>	SilverSneakers® 10:45-11:30 <i>Lori</i>	Weight Training 10:00-11:00 <i>Alex</i>
Zumba® 12:00-1:00 <i>Julissa</i>	Yoga 11:15-12:15 <i>Lori</i>	Zumba® 12:00-1:00 <i>Julissa</i>	Yoga 11:15-12:15 <i>Lori</i>	Zumba® 12:00-1:00 <i>Julissa</i>	Zumba® 10:15-11:15 <i>Alicia</i>
Zumba® 4:00-5:00 <i>Alicia</i>		Zumba® 4:00-5:00 <i>Alicia</i>			
Weight Training 5:00-6:00 <i>Alex-Downstairs</i>	Weight Training 5:00-6:00 <i>Alex-Downstairs</i>	Weight Training 5:00-6:00 <i>Alex-Downstairs</i>	Weight Training 5:00-6:00 <i>Alex-Downstairs</i>	Weight Training 5:00-6:00 <i>Alex-Downstairs</i>	
Yoga 5:00-6:00 <i>Judy</i>		Yoga 5:00-6:00 <i>Judy</i>			
Zumba® 6:15-7:15 <i>Julissa</i>	Power Up! 5:30-6:30 <i>Misty</i>		Power Up! 5:30-6:30 <i>Misty</i>		

Weight Room Orientation with Alex

Tuesday	Thursday	Friday
4 PM	6 PM	10 AM

45 minute class depending on how many sign up.

Sign up required!

KITSAP
TENNIS
& ATHLETIC
CENTER

Classes are by reservation only.
Reservations can be made up to 7 days in advance.

ON THE BALL: Build core strength, tone muscles and have fun working in a group setting with exercise balls, weights, tubes, and medicine balls. Beginner to Moderate

INSTRUCTOR: Alex Phinney **SCHEDULE:** Mondays and Wednesdays 9:15AM-10:00AM

POWER UP!: Challenge yourself with a combination of steady weight training, blast of cardio, core intervals, balance, and stability. It is a full body workout to enhance your lifestyle. Level: Beginner to Moderate

INSTRUCTOR: Misty Eubanks **SCHEDULE:** Tuesdays & Thursdays 5:30PM-6:30PM

SILVERSNEAKERS® CLASSIC: The SilverSneakers® fitness program is a challenging, exercise and wellness program helping older adults live healthy active lifestyles. Get fit, have fun, make friends! Hand-held weights, elastic tubing, and a ball are used for resistance. A chair may be used for seated and/or standing support. Level: Beginner to Advanced

INSTRUCTOR: Lori Whiting **SCHEDULE:** Mondays, Wednesdays, and Fridays 10:45AM-11:30AM

STRECHING "101": Total body flexibility class focused on stretching. Emphasis on breathing and progression and how to safely stretch and lengthen the body.

INSTRUCTOR: Alex Phinney **SCHEDULE:** Tuesdays and Thursdays 10:15AM-11:00AM

TRX: Suspension training using body weight as resistance. A great challenge involving strength, cardio and endurance that are easily adjusted to make your workout more or less challenging. Moderate

INSTRUCTOR: Alex Phinney **SCHEDULE:** Tuesdays and Thursdays 9:15AM-10:00AM

WEIGHT TRAINING: The only fitness class down in the weight room, this class focuses on the big compound movements and focusing on form and progression.

*** Weight Training class will be held downstairs in lower Weight Room ***

INSTRUCTOR: Alex Phinney **SCHEDULE:** Monday through Friday 5:00PM-6:00PM
Saturdays 10:00AM-11:00AM

YOGA WITH JUDY: An innovative class focusing on the instruction and the attention of poses (Asanas) and breathing (Pranayama) techniques. Both Vinyasa and Hatha Yoga will explore the disciplines of traditional Yoga.

INSTRUCTOR: Judy Schroedl **SCHEDULE:** Mondays and Wednesdays 5:00PM-6:00PM
Saturdays 9:00AM-10:00AM

YOGA WITH LORI: Yoga class with modifications suitable for all levels. Movement and breath will make you feel ready to enjoy your day.

INSTRUCTOR: Lori Whiting **SCHEDULE:** Tuesdays and Thursdays 11:15AM-12:15PM

ZUMBA®: Enjoy our 60 minute ZUMBA® class! This is a lively and fun aerobic fitness class with movements inspired by Latin dance and music.

INSTRUCTOR: Julissa **SCHEDULE:** Mondays, Wednesdays, and Fridays 12:00PM-1:00PM
Mondays 6:15PM-7:15PM

INSTRUCTOR: Alicia **SCHEDULE:** Mondays and Wednesdays 4:00PM-5:00PM
Saturdays 10:15AM-11:15PM

WEIGHT ROOM ORIENTATION: An orientation will show you where things are and how to adjust the machines. These sessions aren't personal training sessions. **Sign up at the Front Desk!**

