

# Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qigong 7:00-8:00 A.J.		Qigong 7:00-8:00 A.J.		Early Bird Special 8:00-8:45 Alex	
On the Ball 9:15-10:00 Alex	TRX 9:15-10:00 Alex	On the Ball 9:15-10:00 Alex	TRX 9:15-10:00 Alex	Qigong 9:00-10:00 A.J.	Yoga 9:00-10:00 Judy
SilverSneakers® 10:45-11:30 Lori	Stretching 101 10:15-11:00 Alex	SilverSneakers® 10:45-11:30 Lori	Stretching 101 10:15-11:00 Alex	SilverSneakers® 10:45-11:30 Lori	Weight Training 10:00-11:00 Alex-Downstairs
Zumba® 12:00-1:00 Julissa	Yoga 11:15-12:15 Lori	Zumba® 12:00-1:00 Julissa	Yoga 11:15-12:15 Lori	Zumba® 12:00-1:00 Julissa	Zumba® 10:15-11:15 Alicia
Yoga 5:00-6:00 Judy		Yoga 5:00-6:00 Judy			
Weight Training 5:00-6:00 Alex-Downstairs	Weight Training 5:00-6:00 Alex-Downstairs	Weight Training 5:00-6:00 Alex-Downstairs	Weight Training 5:00-6:00 Alex-Downstairs	Weight Training 5:00-6:00 Alex-Downstairs	
Weight Training 6:00-7:00 Alex-Downstairs	Weight Training 6:00-7:00 Alex-Downstairs	Weight Training 6:00-7:00 Alex-Downstairs	Weight Training 6:00-7:00 Alex-Downstairs	Weight Training 6:00-7:00 Alex-Downstairs	
Zumba® 6:15-7:15 Alicia		Zumba® 6:15-7:15 Alicia			

## Weight Room Orientation with Alex

Tuesday      Thursday

11:10 AM

11:10 AM

45 minute class depending on how many sign up.

**KITSAP**  
**TENNIS**  
**& ATHLETIC**  
**CENTER**

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

1909 NE John Carlson Rd | Bremerton, WA 98311 | 360.692.8075 | KitsapTennis.com  
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**EARLY BIRD SPECIAL:** This class combines the aspects of ON THE BALL and TRX. Both free weights and TRX shall be utilized for an awesome total body workout.

**INSTRUCTOR:** Alex Phinney **SCHEDULE:** Fridays **8:00AM-8:45AM**

**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**

**QIGONG (Chee-Gong) & NATURAL HEALING:** Less vigorous than Yoga, Qigong is more medically geared at relaxing, healing and energizing the ENTIRE self. Follow along in fully guided, simple practices of stretching, deep breathing, and connection that puts our bodies in the state of ALLOWING healing to take place naturally.

**INSTRUCTOR:** A.J. Rinehart **SCHEDULE:** Mondays and Wednesdays **7:00AM-8:00AM**  
Fridays **9:00AM-10:00AM**

**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 the Lower Weight Room \*\**

**INSTRUCTOR:** Alex Phinney **SCHEDULE:** Monday through Friday **5:00PM-6:00PM**  
Monday through Friday **6:00PM-7:00PM**  
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**  
**INSTRUCTOR:** Alicia **SCHEDULE:** Mondays and Wednesdays **6:15PM-7:15PM**  
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!*

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