

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Qigong 7:00-8:00 A.J.	Tai Chi 8:00-8:45 A.J.	Qigong 7:00-8:00 A.J.	Tai Chi 8:00-8:45 A.J.	Qigong 9:00-10:00 A.J.	
TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex	Weight Training 10:00-11:30 Alex- <u>Downstairs</u>	Yoga 9:00-10:00 Judy
SilverSneakers® 10:45-11:30 Lori	Weight Training 10:00-11:30 Alex- <u>Downstairs</u>	SilverSneakers® 10:45-11:30 Lori	Weight Training 10:00-11:30 Alex- <u>Downstairs</u>	SilverSneakers® 10:45-11:30 Lori	Weight Training 10:00-11:30 Alex- <u>Downstairs</u>
Zumba® 12:00-1:00 Julissa	Yoga 11:00-12:00 Lori	Zumba® 12:00-1:00 Julissa	Yoga 11:00-12:00 Lori	Zumba® 12:00-1:00 Julissa	Zumba® 10:15-11:15 Julissa
Yoga 5:00-6:00 Judy	Introduction to Weights 5:00-6:00 Misty	Yoga 5:00-6:00 Judy	Introduction to Weights 5:00-6:00 Misty		
Weight Training 5:00-6:30 Alex- <u>Downstairs</u>	Weight Training 5:00-6:30 Alex- <u>Downstairs</u>	Weight Training 5:00-6:30 Alex- <u>Downstairs</u>	Weight Training 5:00-6:30 Alex- <u>Downstairs</u>	Weight Training 5:00-6:30 Alex- <u>Downstairs</u>	
	Dance Fitness 6:15-7:15 Lisa		Dance Fitness 6:15-7:15 Lisa		

Weight Room Orientation with Alex

Saturdays

11:30 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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