

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex	TRX 9:05-10:00 Alex		Yoga 9:00-10:00 Judy
Weight Training 10:00-11:30 Alex-Downstairs	Weight Training 10:00-11:30 Alex-Downstairs	Weight Training 10:00-11:30 Alex-Downstairs	Weight Training 10:00-11:30 Alex-Downstairs	Weight Training 10:00-11:30 Alex-Downstairs	Weight Training 10:00-11:30 Alex-Downstairs
SilverSneakers® 10:45-11:30 Lori	Yoga 11:00-12:00 Lori	SilverSneakers® 10:45-11:30 Lori	Yoga 11:00-12:00 Lori	SilverSneakers® 10:45-11:30 Lori	Zumba® 10:15-11:15 Julissa
Zumba® 12:00-1:00 Julissa		Zumba® 12:00-1:00 Julissa		Zumba® 12:00-1:00 Julissa	
Weight Training 4:00-5:00 Alex-Downstairs	Introduction to Weights 5:00-6:00 Misty	Weight Training 4:00-5:00 Alex-Downstairs		Weight Training 4:00-5:00 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 5:00-6:00 Alex-Downstairs	
Yoga 5:00-6:00 Judy	Weight Training 6:00-7:00 Alex-Downstairs	Yoga 5:00-6:00 Judy	Weight Training 6:00-7:00 Alex-Downstairs		
	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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DANCE FITNESS: Have fun and get an amazing full body workout at the same time in this dance fitness hour! Fueled by many types of music such as Latin, Hip Hop, Pop, Rock, and more. Filled with dancing, calisthenics, and stretching. This class is judgement free and will get you moving AND smiling. All fitness levels welcome.

INSTRUCTOR: Lisa **SCHEDULE:** Tuesdays 6:15PM-7:15PM

INTRODUCTION TO WEIGHTS: An introductory class with free weights for beginner to the novice. Focusing on major muscle groups with light, moderate, or heavy weights depending on your fitness level. Followed by a core regiment and full body stretch cooldown.

INSTRUCTOR: Misty **SCHEDULE:** Tuesdays 5:00PM-6:00PM

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

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:** Monday through Thursday 9:05AM-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 Saturday 10:00AM-11:30AM
Monday through Friday 5:00PM-6:00PM
Mondays, Wednesdays, and Fridays 4:00PM-5:00PM
Tuesdays and Thursdays 6:00PM-7:00PM

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 11:00AM-12:00PM

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
Saturdays 10:15AM-11:15PM

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

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