

# Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX 9:05-10:00 <i>Alex</i>	TRX 9:05-10:00 <i>Alex</i>	TRX 9:05-10:00 <i>Alex</i>	TRX 9:05-10:00 <i>Alex</i>		Yoga 9:00-10:00 <i>Judy</i>
Weight Training 10:00-11:30 <i>Alex-Downstairs</i>	Weight Training 10:00-11:30 <i>Alex-Downstairs</i>	Weight Training 10:00-11:30 <i>Alex-Downstairs</i>	Weight Training 10:00-11:30 <i>Alex-Downstairs</i>	Weight Training 10:00-11:30 <i>Alex-Downstairs</i>	Weight Training 10:00-11:30 <i>Alex-Downstairs</i>
SilverSneakers® 10:45-11:30 <i>Lori</i>	Yoga 11:00-12:00 <i>Lori</i>	SilverSneakers® 10:45-11:30 <i>Lori</i>	Yoga 11:00-12:00 <i>Lori</i>	SilverSneakers® 10:45-11:30 <i>Lori</i>	Zumba® 10:15-11:15 <i>Julissa</i>
Zumba® 12:00-1:00 <i>Julissa</i>		Zumba® 12:00-1:00 <i>Julissa</i>		Zumba® 12:00-1:00 <i>Julissa</i>	
Weight Training 4:00-5:30 <i>Alex-Downstairs</i>	Body Blitz 4:00-5:00 <i>Alex</i>	Weight Training 4:00-5:30 <i>Alex-Downstairs</i>	Body Blitz 4:00-5:00 <i>Alex</i>		
Yoga 5:00-6:00 <i>Judy</i>	Introduction to Weights 5:00-6:00 <i>Misty</i>	Yoga 5:00-6:00 <i>Judy</i>			
	Weight Training 5:00-6:30 <i>Alex-Downstairs</i>		Weight Training 5:00-6:30 <i>Alex-Downstairs</i>		

## 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.

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**BODY BLITZ:** A fast paced total body workout! Higher rep, shorter rest periods to build strength, stamina and build work capacity. For all fitness levels, anyone can use this class to get fit!

**INSTRUCTOR:** Alex Phinney    **SCHEDULE:** Tuesdays and Thursdays    4:00PM-5:00PM

**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 \*\**

**Weight Room is still open for use during the Weight Training Classes**

**INSTRUCTOR:** Alex Phinney    **SCHEDULE:** Monday through Saturday    10:00AM-11:30AM  
Mondays and Wednesdays    4:00PM-5:30PM  
Tuesdays and Thursdays    5:00PM-6:30PM

**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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