

Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
TRX Strength 9:05-10:00 <i>Alex</i>	TRX Conditioning 9:05-10:00 <i>Alex</i>	TRX Strength 9:05-10:00 <i>Alex</i>	TRX Conditioning 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 Gold® 12:00-1:00 <i>Junko</i> <i>Begins March 22nd</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>	TRX 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>	Introduction to Weights 5:00-6:00 <i>Misty</i>		
	Weight Training 5:00-6:30 <i>Alex-Downstairs</i>		Weight Training 5:00-6:30 <i>Alex-Downstairs</i>	Weight Training 5:00-6:00 <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.

1909 NE John Carlson Rd | Bremerton, WA 98311 | 360.692.8075 | KitsapTennis.com
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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 and Thursdays 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

Mondays/Wednesdays: Combined with weights and a focus on strength

Tuesdays/Thursdays: Pure TRX with a focus on conditioning and getting the heart rate up

However if the class size exceeds the strap capacity, it will be combined with weights regardless of the day

INSTRUCTOR: Alex Phinney **SCHEDULE:** Monday through Thursday 9:05AM-10:00AM
Fridays 4:00PM-5:00PM

TRX BLITZ: Body Blitz meets TRX! High Reps, short rest intervals, but with TRX

INSTRUCTOR: Alex Phinney **SCHEDULE:** Fridays 4:00PM-5:00PM

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
Fridays 5:00PM-6:00PM

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 GOLD®: Starts March 22nd. More Info to come!

INSTRUCTOR: Junko **SCHEDULE:** Fridays 12:00PM-1:00PM

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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