

	Jan. '17	Group	Exercise	Class	Schedule	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
5:30 Gary Hatha Flow	5:15 Brent Circuit Xpress	5:15 Dimitri ♻️ Cycling	5:15 Brent Circuit Xpress	5:30 Gary Hatha Flow	7:00 ♻️ Cycling Bruce/Quinn (45 min.)	
6:15 ♻️Cycling Dina	6:15 Brent H.I.I.T. High Intensity Interval Trg	6:15 ♻️Cycling Jewel	6:15 Brent H.I.I.T. High Intensity Interval Trg	6:15 ♻️Cycling Dina	8:00 Pilates Natasha/Kerry/ Julie	9:00 Renee VinyasaYoga <i>heated</i>
8:00 Donna Zumba		8:00 Sandy Cardio Sculpt		8:00 Mary Body Step	8:00 ♻️Cycling Dina/Jewel	9:00 Circuit Xpress Chalyssa (30 min.)
8:15 ♻️Cycling (45m) Sue	8:30 Nichole Red Hot Dance	8:15 ♻️Cycling (45m) Donna	8:30 Nichole Red Hot Dance	8:15 ♻️Cycling (45m) Quinn	8:00 Nick INSANITY	9:30 ♻️Cycling Bruce
8:15 Circuit Xpress Callie	8:30 Circuit Xpress Sandy	8:15 Circuit Xpress Callie	8:30 Circuit Xpress Sandy	8:30 Circuit Xpress Levi	9:00 Circuit Xpress Pat (45 min.)	Kidz Fit Classes now available – see their schedule at the front desk!
9:00 Julie W. Body Sculpt	9:00 Levi BOOTCAMP	9:00 Gigi BODYPUMP	9:00 Levi BOOTCAMP	9:00 Gigi/Tina BODYPUMP	9:00 Renee Body Sculpt	
9:00 Nichole Bootybarre (30 min)		9:00 Courtney Bootybarre (30 min)		9:00 Diana Bootybarre (30m)	9:00 Natasha Bootybarre (45m)	
9:30 Nichole Red Hot Dance	9:30 Courtney Bootybarre Flex&Flow	9:30 Donna ZUMBA	9:30 Natasha Bootybarre Flex&Flow	9:30 Annie Red Hot Dance	9:00 Patty ♣️Aqua Xpress	
9:30 ♻️Cycling Natasha/Sue	9:30 ♻️Cycling Sandy/Gigi	9:30 ♻️Cycling Sue	9:30 ♻️Cycling Gigi	9:30 ♻️Cycling Dina	9:30 ♻️Cycling Sandy	
10:00 Sarah Circuit Xpress (45m)	10:00 Brent Circuit Xpress	10:00 Brent Circuit Xpress (45m)		10:00 Levi Circuit Xpress(45m)		
	9:30 Kim - Yoga Strala STRONG		9:30 Carmen Power Vinyasa	10:00 Gigi Core (30 min.)	9:50 Annie/Danielle Red Hot Dance	
10:30 Yvette Vinyasa Yoga		10:30 Kim - Yoga Strala Relax		10:30 Kim Vinyasa Yoga	10:40 HathaFlow Gary	
10:30 Sherry Fit for Life	10:30 Kerry Pilates Mat	10:30 Sherry Fit for Life	10:30 Natasha Pilates Mat	10:30 Sherry Fit for Life	New Cycling Classes: Mon., Wed., Fri. at 8:15am (45 min.) and Saturdays at 7am (45 min.)	
10:30 Maureen ♣️Aqua Motion	10:00 Maureen ♣️Aqua Motion		10:00 Kerry/Diana ♣️Aqua Motion	10:30 Kerry ♣️Aqua Motion		
	11:10 Maureen ♣️Senior Splash		11:10 Kerry/Diana ♣️Senior Splash			
11:45 Sherry Silver Sneakers®	11:30 Kerry Fit for Life Yoga	11:45 Sherry CC Silver Sneakers®	11:30 Sherry Fit for Life Yoga	11:45 Sherry Silver Sneakers®		
AFTERNOON CLASSES						
12:00 Diana Tone It Up	Noon ♻️Cycling Whyle	12:00 Diana Tone It Up		Noon ♻️Cycling Whyle		
12:00 Ruth Circuit Xpress		12:00 Rachael Circuit Xpress		12:00 Brent Circuit Xpress		
1:10 Maureen ♣️Arthritis Swim (45m)		1:10 Kerry ♣️Arthritis Swim (45m)		1:10 Kerry ♣️Arthritis Swim		
2:00 Kerry Fit for Life Chair Yoga		2:00 Kerry Fit for Life Chair Yoga				
EVENING CLASSES						
4:30 Carmen Gentle Yoga	4:30 Tina Core 30 min. 5:00 – Insanity (30m)	4:30 Cheryl Vinyasa Yoga	4:30 Nick Core 30 min. 5:00 – Insanity (30m)			4:00 Gary/Courtney Gentle Yoga
5:30 ♻️Cycling Quinn	5:30 ♻️Cycling Bruce	5:30 ♻️Cycling Whyle	5:30 ♻️Cycling Bruce			4:00 ♻️ Cycling Instructor Varies
5:30 Bootybarre Flex & Flow Courtney	5:30 BODYPUMP Allison	5:30 Renee Power barre	5:30 BODYPUMP Josefine			
5:30 Body Sculpt Renee	6:30 Caliie Circuit Xpress	5:30 Insanity Tina	6:30 Eric Circuit Xpress			
6:30 Glenn ♻️Cycling H.I.I.T.	6:30 Kevin Core Training	6:30 Glenn ♻️Cycling H.I.I.T.	6:30 Kevin Core Training			
6:30 Danielle Red Hot Dance		6:30 Danielle Red Hot Dance	6:00 Annie Red Hot Dance			
7:30 Diana/Dina ♣️Aqua Xpress	7:00 Carmen Power Vinyasa	7:30 Maureen/Michelle ♣️Aqua Xpress	7:00 Sherry C. Vinyasa Yoga			

Harbor Square Athletic Club-160 west Dayton – Edmonds, WA 98020-3594 – www.harborsquare.com 425-778-3546. All participants should be in good health and have doctor's approval before participating. Class Descriptions on back for more detail. Sign up at front desk for Cycling & upstairs weight room day of for Circuit Express classes. All classes are FREE for members! Non-members \$13 per class. **(All Classes are 55 minutes unless otherwise noted in class description.)**

Harbor Square Class Descriptions

CARDIOVASCULAR CLASSES

Red Hot Dance - RHDF combines the hottest music with even hotter moves. Beginners build confidence with easy to follow dance moves set to your favorite songs, while more choreography is layered in so the seasoned dancer can be challenged. This class is a fun, exhilarating, calorie burning dance party.

ZUMBA GOLD- A fun, all levels dance inspired cardio-fitness class. If you like cardio lo-impact aerobics you will love this class. A Latin inspired dance-fitness class.

Cardio Zumba - A great hi-low impact cardio workout using fun, easy to follow choreography with great music. So much fun you will forget you are doing an awesome "fat burner" workout.

Cardio Sculpt – A balanced workout - little bit of cardio combined with a little bit of sculpting exercises makes this class an amazing workout!

Body Step™ (Les Mills) Body Step is the energizing step workout that makes you feel liberated and alive. Using a height-adjustable step and simple movements on, over and around the step you get great motivation from sing-a-long music and approachable instructors.

CONDITIONING CLASSES

INSANITY - Use your body to create the best body you can get by doing these insane moves: PLYOMETRICS for insane legs and glutes. UPPER BODY RESISTANCE for sculpted arms, shoulders, chest, back. PURE CARDIO for crazy fat burn. CARDIO ABS with intensive core work. This class gets results.

BootyBarre – A fun, energetic 30 min. workout that combines techniques from Dance, Pilates & Yoga, that will tone, define and chisel the whole body. This is the perfect combination of strength & flexibility using the barre with an added cardio element.

BootyBarre Flex&Flow - Same great barre workout with added core and sculpting exercises using thera-bands making this a 60 minute full body workout.

Bootcamp - This class is designed to give you the opportunity for a high intensity, core strengthening, resistance training, cardio workout that will push you to achieve your fitness goals.

H.I.I.T. (High Intensity Interval Training) - This 45 minute class targets Cardio and Strength conditioning. High energy, intense exercises that work total body focusing on core strengthening.

Body Pump™ (Les Mills)

This workout challenges all your major muscle groups by using the best weight room exercises like squats, presses, lifts and curls. Great music and your choice of weight inspire you to get the results you came for!

Body Sculpt –This popular conditioning class utilizes weights, body bars, tubing along with very effective conditioning exercises to sculpt and define your body.

Circuit Express -Class conducted upstairs in the weight room. 30 min workout using the Free Motion equipment you will circuit through different stations making this a full body conditioning and cardio workout.

Tone It Up - 45 minutes of total body toning with the latest ab, legs, buns and arm exercises.

CORE CLASSES

Core Training - This class is a great challenging workout for your core. More than "abs" it's the "bottom of the chest, top of the knee and all the way around". Full core workout! (30 min)

Pilates Mat –This class is open to all Pilates experience levels. Challenge the powerhouse with a combination of beginning, intermediate, and advanced movements.

CYCLE CLASSES

Cycling: Our cycling classes are for ALL fitness levels. Come ready to work hard, sweat, burn lots of calories, hear great music and have FUN!

Cycling H.I.I.T. – This class is a 30 min. high intensity interval training that allows you to get a very efficient workout in a short amount of time! Come ready to work hard!

YOGA CLASSES

Hatha Flow – This class integrates elements of stabilization and movement. Emphasis is on individual expressions of poses, and transitions with the understanding that mind-body-breath connections are uniquely tuned to each person and are to be honored. The class is suitable for all levels, with freedom to adapt, explore, energize and release!

Fit for Life Chair Yoga - This gentle chair based yoga class is a great class for all body types and fitness levels. Great for seniors, pre-natal, post surgery, or whatever limits your mobility.

Strala STRONG is a moving flow yoga that builds strength, balance and flexibility evenly in the body while resting the focus calmly on the breath. We move with ease, whether the movement is challenging or simple. You will sweat. You will get a workout. You will leave refreshed and energized.

Strala RELAX is a moving flow yoga that releases tension throughout your entire body and mind. The deeper you breathe, the more opens up. You will sweat (not as much as strong). You will leave with a big sense of ease in your body and mind.

Vinyasa Yoga –We will flow through poses connecting movement to breath. This flow keeps the body warm and engaged throughout the class and maintains a playful, dance-like quality. There is no set sequence and each teacher brings his/her own style.

Power Vinyasa - This class builds on the foundation of Vinyasa adding more intensity to keep the body heated and the heart rate up. The practice challenges your edge and will sculpt, tone and elongate your muscles.

Gentle Yoga - This yoga moves at a slower pace being a wonderful place to develop a deeper understanding of the alignment of each pose. The focus is to release resistance and tension from the muscles and joints.

WATER CLASSES

Aqua Motion All fitness levels will be challenged in this workout focusing on cardio and strength training.

Aqua Xpress - An intermediate to advanced water workout utilizing noodles, kickboards and plenty of upbeat music. This class really moves!

Senior Splash Ideal for seniors, pregnant women, and those recovering from injuries. (45 min.)

Arthritis Workout - A workout designed for people with arthritis, and other joint limitations. Exercises are done slowly to preserve and enhance joint mobility.