

| | Fall '17 | Group | Exercise | Class | Schedule | |
|---|--|---|---|---|---|--------------------------------------|
| Monday | Tuesday | Wednesday | Thursday | Friday | Saturday | Sunday |
| MORNING CLASSES | | | | | | |
| 5:30 Gary Hatha Flow | 5:15 Brent Circuit Xpress 6:15 Brent H.I.I.T. | 5:00 Dimitri ♻️ Cycling | 5:15 Brent Circuit Xpress | 5:00 Dimitri ♻️ Cycling 5:30 Gary Hatha Flow | 7:00 ♻️ Cycling Bruce/Quinn (45 min.) | |
| 6:00 ♻️ Cycling Dina | 6:15 Bootybarre Quinn (45m) | 6:00 ♻️ Cycling Jewel 6:00 BODYPUMP Donna | 6:15 Brent H.I.I.T. | 6:00 ♻️ Cycling Dina | 8:00 Pilates Kerry | |
| 8:00 Donna Zumba | | 8:00 Sandy Cardio Sculpt | | 8:00 Mary Body Step | 8:00 ♻️ Cycling Dina/Jewel | |
| 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 | |
| 8:30 Circuit Xpress Rachel (30m) | 8:30 Circuit Xpress Sandy (30m) | 8:30 Circuit Xpress Callie (30m) | 8:30 Circuit Xpress Sandy (30m) | 8:30 Circuit Xpress Levi (30m) | 8:30 (30m) Quinn Circuit Xpress | 9:00 Circuit Xpress Tina (30m) |
| 9:00 Julie W. Body Sculpt | 9:00 Levi Boot Camp | 9:00 Gigi BODYPUMP | 9:00 Levi Boot Camp | 9:00 Tina BODYPUMP | 9:00 Renee Body Sculpt | |
| 9:00 Dina Barre 30 (30 min) | | 9:00 Courtney Barre30 (30 min) | | 9:00 Diana Barre 30 (30m) | 9:00 Natasha Bootybarre (45m) | 9:00 Renee VinyasaYoga <i>heated</i> |
| 9:30 Nichole Red Hot Dance | 9:30 Natasha Bootybarre | 9:30 Donna ZUMBA | 9:30 Natasha Bootybarre | 9:30 Annie Red Hot Dance | 9:00 Patty ♣️ Aqua Xpress | |
| 9:30 ♻️ Cycling Natasha | 9:30 ♻️ Cycling Sandy/Gigi | 9:30 ♻️ Cycling Sue | 9:30 ♻️ Cycling Gigi | 9:30 ♻️ Cycling Dina | 9:30 ♻️ Cycling Sandy | 9:30 ♻️ Cycling Bruce |
| 10:00 Sarah K. Circuit Xpress (45m) | 10:00 Callie Circuit Xpress (30m) | 10:00 Brent Circuit Xpress (45m) | 10:00 Sarah B. Circuit Xpress (30m) | 10:00 Levi Circuit Xpress(45m) | | |
| | 9:30 Ashtyn Vinyasa Yoga | | 9:30 Carmen Power Vinyasa | 10:00 Gigi Core (30m) | 10:00 (45m) Annie/Danielle Red Hot Dance | |
| 10:30 Yvette Vinyasa Yoga | 10:30 Kerry Pilates Mat | 10:30 Kim Vinyasa Yoga | 10:30 Natasha Pilates Mat | 10:30 Kim Vinyasa Yoga | 11:00 HathaFlow Gary | |
| 10:30 Maureen ♣️ Aqua Motion | 10:30 Maureen ♣️ Aqua Motion | | 10:30 Kerry/Diana ♣️ Aqua Motion | 10:30 Kerry ♣️ Aqua Motion | <i>Class Time Changes: Fit for Life on M/W/F is now at 11:30am and Silver Sneakers on M/W/F is now at 12:30pm.</i> <i>Also, highlighted classes are in temporary studio racquetball court 2. (Barre & Pilates)</i> | |
| 11:30 Sherry Fit for Life | 11:30 Kerry Fit for Life Yoga | 11:30 Sherry Fit for Life | 11:30 Courtney Fit for Life Yoga | 11:30 Sherry Fit for Life | | |
| 12:30 Sherry Silver Sneakers® | | 12:30 Sherry CC Silver Sneakers® | | 12:30 Sherry Silver Sneakers® | | |
| AFTERNOON CLASSES | | | | | | |
| 12:00 Diana "TBT" Total Body Toning (30m) | 12:00 ♻️ Cycling Whyte | 12:00 Diana Cardio H.I.I.T. (30m) | | 12:00 (30m) Diana Burn Booty Burn 12:00 ♻️ Cycling Whyte | | |
| 12:00 Ruth Circuit Xpress | | 12:00 Rachel Circuit Xpress | | 12:00 Brent Circuit Xpress | | |
| 1:10 Maureen ♣️ Arthritis Swim (45m) | | 1:10 Kerry ♣️ Arthritis Swim (45m) | | 1:10 Kerry ♣️ Arthritis Swim (45m) | | |
| 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 Whyte | 5:30 ♻️ Cycling Bruce | | | 4:00 ♻️ Cycling Instructor Varies |
| 5:30 Bootybarre Courtney | 5:30 BODYPUMP Allison | 5:30 Renee Power Barre | 5:30 BODYPUMP Josefine | | | |
| 5:30 Body Sculpt Renee | 6:30 Callie Circuit Xpress (30m) | 5:30 Insanity Tina | 6:30 Sarah B. Circuit Xpress (30m) | | | |
| 6:30 Glenn (30m) ♻️ Cycling H.I.I.T. | 6:30 Kevin Core Training | 6:30 Glenn (30m) ♻️ Cycling H.I.I.T. | 6:30 Kevin Core Training | | | |
| 6:30 Danielle Red Hot Dance | | 6:30 Annie Red Hot Dance | | | | |
| 7:30 Helen ♣️ Aqua Xpress | 7:00 Carmen Power Vinyasa | 7:30 Helen ♣️ Aqua Xpress | 7:00 Sherry C. Vinyasa Yoga | | | <i>Last updated: 10/12/2017</i> |

Harbor Square Class Descriptions

CARDIOVASCULAR CLASSES

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

Cardio H.I.I.T. – Let's get PHYSICAL! This class is all about H.I.I.T. – High Intensity Interval Training! With short bursts of intensity combined with toning, you will boost your metabolism like crazy, and it torches calories long after you've finished this 30-minute workout.

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.

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.

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 - A fun, all levels dance inspired cardio-fitness workout using fun, easy to follow choreography with great music. So much fun you will forget you are doing an awesome "fat burning" workout.

CONDITIONING CLASSES

Barre 30 – 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 - Same great barre workout with added core and sculpting exercises using thera-bands making this a 45-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.

Burn Booty Burn – This class sculpts every angle of your glutes. We're talkin' lifting, tightening, and toning ~ all in just 30 minutes! This totally butt-kicking BOOTY and leg workout will have you feeling so LEAN and STRONG!

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.

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

Circuit Xpress -Class conducted upstairs in the weight room. 30-45 minute workout using the Free Motion equipment you will circuit through different stations making this a full body conditioning and cardio workout.

"T-B-T" Total Body Toning – Get ready to work it! This class is all about toning your total body, sculpting every inch from head to toe. You're going to feel that amazing burn in your arms, abs, legs and booty all in this amazing 30-minute workout.

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

Yoga Cardio Fusion – A fun, strong yoga flow mixed with cardio intervals. This sweaty, happy workout will have you exhausted and energized all at the same time.

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!

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.

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.

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 moves!

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

Harbor Square Athletic Club
160 West Dayton
Edmonds, WA 98020
www.harborsquare.com
425-778-3546

All participants should be in good health and have doctor's approval before participating. Sign up is upstairs in the weight room day of for Circuit Xpress classes. All classes are FREE for members! Non-members - \$13 per class. All classes are 55 minutes unless otherwise noted in the class description.