

JANUARY		Group	Exercise	Class	Schedule	
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
MORNING CLASSES						
5:30 Hatha Flow Gary	5:15 Circuit Xpress Brent	5:00 Cycling Dimitri	5:15 Circuit Xpress Brent	5:00 Cycling Dimitri	7:00 Cycling Bruce/Quinn	
	6:15 H.I.I.T Brent		6:15 H.I.I.T Brent	5:30 Hatha Flow Gary		
6:00 Cycling Dina	6:15 Barre45 Quinn	6:00 Cycling Jewel		6:00 Cycling Dina	8:00 Pilates Kerry	
		6:00 Body Pump Cheridan				
8:00 Zumba Cheridan		8:00 Cardio Sculpt Sandy		8:00 Body Step Mary	8:00 Cycling Dina/Jewel	
8:15 Cycling Sue	8:30 Red Hot Dance Nichole	8:15 Cycling Donna	8:30 Red Hot Dance Nichole	8:15 Cycling Quinn	8:00 GRIT Nick (30m)	
8:30 Circuit Xpress Rachel	8:30 Circuit Xpress Sandy	8:30 Circuit Xpress Callie	8:30 Circuit Xpress Sandy	8:30 Circuit Xpress Levi	8:30 Circuit Xpress Quinn	9:00 Circuit Xpress Tina
9:00 Body Sculpt Julie	9:00 Bootcamp Levi	9:00 Body Pump Gigi	9:00 Bootcamp Levi	9:00 Body Pump Tina	9:00 Body Sculpt Renee	
9:00 Barre30 Dina	9:00 Barre45 Natasha	9:00 Barre30 Courtney	9:00 Barre45 Natasha	9:00 Barre30 Diana	9:00 Barre45 Natasha	9:00 Vinyasa Yoga Renee
9:30 Red Hot Dance Nichole/Annie		9:30 Zumba Donna		9:30 Red Hot Dance Annie/Danielle	9:00 Aqua Xpress Patty	
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 Circuit Xpress Sarah K.	10:00 Circuit Xpress Callie	10:00 Circuit Xpress Callie	10:00 Circuit Xpress Sarah B.	10:00 Circuit Xpress Levi		
	10:00 Vinyasa Yoga Ashtyn		10:00 Power Vinyasa Carmen	10:00 Core Gigi	10:00 Red Hot Dance Danielle/Annie	
10:30 Vinyasa Yoga Yvette	11:15 Pilates Mat Kerry	10:30 Vinyasa Yoga Kim	11:15 Pilates Mat Natasha	10:30 Vinyasa Yoga Kim	10:30Hatha Flow Gary	
10:30 Aqua Motion Helen	10:30 Aqua Motion Maureen		10:30 Aqua Motion Diana/Kerry	10:30 Aqua Motion Kerry	Location Key: Cycle Studio Mind/Body Studio Basketball Court Weight Room Group X Studio Pool	
10:30 Fit for Life Sherry		10:30 Fit for Life Sherry		10:30 Fit for Life Sherry		
11:45 Silver Sneakers Sherry		11:45 Silver Sneakers Sherry		11:45 Silver Sneakers Sherry		
AFTERNOON CLASSES						
12:00 Cardio Barre Diana	12:00Fit for Life Yoga Kerry	12:00 Cardio Barre Diana	12:00Fit for Life Yoga Kerry	12:00 Cardio Barre Diana		
	12:00 Cycling Whyte			12:00 Cycling Whyte		
12:00 Circuit Xpress Ruth		12:00 Circuit Xpress Rachel		12:00Circuit Xpress Rachel		
1:10 Arthritis Swim Maureen		1:10 Arthritis Swim Kerry		1:10 Arthritis Swim Kerry		
2:00 Fit for Life Chair Yoga Kerry		2:00 Fit for Life Chair Yoga Kerry				
EVENING CLASSES						
4:30 Gentle Yoga Carmen	4:30 GRIT Nick (30m)	4:30 Vinyasa Yoga Cheryl	4:30 GRIT Nick (30m)	Body Flow Fusion & Body Flow Pop Up Classes Monday, January 15th 9:30am Body Flow Fusion (Sue) Tuesday, January 16th & 23rd 4:30pm Body Flow (Mary) Wednesday, January 17th & 24th 8:00am Body Flow Fusion (Sue)		4:00 Gentle Yoga Gary/Courtne y
5:30 Cycling Quinn	5:30Cycling Bruce	5:30 Cycling Whyte	5:30Cycling Bruce			4:00 Cycling Varies
5:30 Barre45 Courtney	5:30 Body Pump Allison	5:30 Barre Sculpt Renee	5:30 Body Pump Josefin			
5:30 Body Sculpt Renee	6:30Circuit Xpress Callie	5:30 Insanity Tina	6:30Circuit Xpress Sarah B.			
6:30 Cycling H.I.I.T. Glenn	6:30 Core Kevin	6:30 Cycling H.I.I.T Glenn	6:30 Core Kevin			
6:30 Red Hot Dance Danielle		6:30 Red Hot Dance Danielle				
7:30 Aqua Express Helen	7:00 Power Vinyasa Carmen	7:30 Aqua Express Helen	7:00 Vinyasa Yoga Sherry C.			

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

GRIT™ (Les Mills) - 30-minute high-intensity interval training (HIIT) workout, designed to improve strength, cardio and build lean muscle. This workout uses barbell, weighted plate and body weight exercises to blast all major muscle groups. LES MILLS GRIT takes cutting edge HIIT and combines it with powerful music and inspirational coaches who will be down on the floor with you, motivating you to go harder and to get fit, fast.

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.

Barre 45 - 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.

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.

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!

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 in weight room day of for Circuit Xpress. All classes are FREE for members! Non-members - \$13/class. All classes are 55 minutes unless otherwise noted in the class description.