



"Fitness For All Seasons"
Evergreen
FITNESS

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BODYPUMP is the most successful group fitness program in history, BODYPUMP™ is the original barbell class that strengthens your entire body.

CXWORX is a core class that really hones in on the torso and sling muscles that connect your upper body to your lower body.

BODYSTEP is an energizing step workout that makes you feel liberated and alive. Cardio blocks push fat burning systems into high gear followed by muscle conditioning tracks that shape and tone your body.

BODYFLOW combines Yoga, Tai chi, and Pilate's workout, that builds flexibility and strength and leaves you feeling centered and calm.

Integrate is a low-impact group fitness integrates heart health and strength with 55 minutes of exercise which includes cardio exercise, resistance work, core training, mobility and balance.

RPM is an indoor cycling workout, where you ride to the rhythm's of powerful music. Take on the terrain with your inspiring team coach who leads the path through mountain peaks, time trials, and interval training.

YOGA is an ancient system of breathing practices, physical exercises and posture, and meditation to integrate the practitioner's body, mind, and spirit.

SAIL - Stay Active and Independent for Life - Strength and balance fitness class for adults 65+.

ZUMBA is a Latin-inspired, dance-fitness class that incorporates Latin and international music and dance movements, creating a dynamic, exiting, exhilarating, and effective fitness system.

Brazilian Jiu Jitsu a martial art, combat sport that focuses on grappling and especially ground fighting. Youth and adult fee classes available contact Richard at 360.302-0504

FREE Group Orientation is a small group that gets working knowledge on how to use the Machines on the carpet of the main gym floor, as well as cardio equipment and brief overview of the classes. By appointment at the front desk to keep group size small.

SUMMER SCHEDULE! JUNE 11-SEPT 4

Monday

7:45am Cxworx with BodyFlow LM - Jolie
9:00am SAIL (Stay Active & Independent for Life)
9:30am BodyFlow LM - Karen
10:35am Senior Stretch & Core - Karen
4:15pm RPM LM - Jennifer
4:45pm Cxworx LM - Carla
5:30pm BodyFlow LM - Carla
5:30pm BodyStep LM - Karen

Tuesday

6:45am RPM LM - Tom
7:00am BodyPump LM - Jolie
8:15am Integrate - TJ
9:30am BodyPump LM - TJ
10:35am Integrate - TJ
12:05pm RPM LM - Sharon
4:15pm RPM LM - Amber
5:30pm BodyPump LM - Jillian
5:30pm Yoga - Briana

Wednesday

5:45am RPM LM - Adam
9:00am SAIL (Stay Active & Independent for Life)
9:00am Cxworx LM - Jolie
9:30am BodyStep LM - Jolie
4:15pm BodyFlow LM - Karen
5:30pm Pump or Step with Cxworx LM - Karen
5:30pm RPM LM - Jennifer

Thursday

6:45am BodyPump LM - Jillian
8:00am BodyFlow LM - Jolie
8:00am Zumba - TJ
9:00am BodyPump LM - TJ
10:15am RPM LM - Sharon
4:45pm Cxworx LM - Amber
Thursday Evening Orientation - *times vary/call us
5:30pm RPM LM - Amber

Friday

5:45am RPM LM - Tom
9:00am SAIL (Stay Active & Independent for Life)
9:00am Cxworx LM - TJ
9:30am BodyStep LM - TJ
10:35am Integrate - TJ

Saturday









8:30am RPM LM - Adam
8:30am BodyStep LM - Karen
9:45am BodyPump LM - Karen
9:45am BodyFlow LM - Carla

Sunday

8:45am Athletic BodyStep LM - Jolie
8:45am RPM LM - Amber
10:00am BodyFlow LM - Tiffany

All classes are included in the Unlimited Membership with the exception of RPM (\$3.50/class or \$33/12 classes) Please call 24 hrs in advance to reserve a bike.

Bring a youth in, ages 8-14 free to BodyFlow on Saturdays at 9:45. Youth must have waiver & release forms signed by parent or legal guardian.

 COMBO CLASS	 SENIOR CLASSES
 BODY FLOW	 BODY PUMP
 CXWORKS	 BODY STEP
 LESMILLS CLASS	 RPM