



"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.

## Monday

6:45am RPM <b>LM</b> - Tiffany
7:45am Cxworx <b>LM</b> - Jolie
8:25am Body Step <b>LM</b> - Jolie
9:00am SAIL (Stay Active & Independent for Life)
9:30am BodyFlow <b>LM</b> - Karen
10:35am Senior Stretch & Core - Karen
12:00pm Orientation - Annika (every other week)
4:15pm RPM <b>LM</b> - Tiffany
4:45pm Cxworx <b>LM</b> - Carla
5:30pm BodyFlow <b>LM</b> - Carla
5:30pm BodyStep <b>LM</b> - Karen

## Tuesday

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

## Wednesday

5:45am RPM <b>LM</b> - Adam
9:00am SAIL (Stay Active & Independent for Life)
9:00am Cxworx <b>LM</b> - Tiffany
9:30am BodyStep <b>LM</b> - Tiffany
12:05pm Cxworx <b>LM</b> - Sharon
4:15pm BodyFlow <b>LM</b> - Karen
5:30pm Pump or Step with Cxworx <b>LM</b> - Karen
5:30pm RPM <b>LM</b> - Jennifer

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.

## Thursday

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

## Friday









5:45am RPM <b>LM</b> - Tom
9:00am SAIL (Stay Active & Independent for Life)
9:00am Cxworx <b>LM</b> - TJ
9:30am BodyStep <b>LM</b> - TJ
10:35am Integrate - TJ
12:05pm RPM <b>LM</b> - Sharon
4:15pm RPM <b>LM</b> - Jennifer
5:30pm Cxworx with BodyFlow <b>LM</b> - Karen

## Saturday

8:30am RPM <b>LM</b> - Mitch
8:30am BodyStep <b>LM</b> - Karen
9:45am BodyPump <b>LM</b> - Karen
9:45am BodyFlow <b>LM</b> - Carla

## Sunday

8:45am Athletic BodyStep <b>LM</b> - Jolie
8:45am RPM <b>LM</b> - Amber
10:00am Cxworx <b>LM</b> - Tiffany
10:35am BodyFlow <b>LM</b> - Tiffany

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