



"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.

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

7:15am RPM LM
8:15am Body Step LM
8:15am SAIL (Stay Active & Independent for Life)
8:45am Cxworx LM
9:30am BodyFlow LM
9:30am SAIL (Stay Active & Independent for Life)
10:30am Senior Stretch & Core
5:30pm Cxworx LM
5:30pm RPM LM
6:00pm Combo Class

Tuesday

8:15am Zumba
9:30am BodyPump LM
10:30am Integrate
5:30pm BodyPump LM
5:30pm Yoga

Wednesday

9:00am SAIL (Stay Active & Independent for Life)
9:00am Cxworx LM
9:30am BodyStep LM
4:15pm BodyFlow LM
5:30pm BodyStep LM
5:30pm RPM LM - Mitch

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

8:15am Integrate
9:15am BodyPump LM
10:30am BodyFlow LM
5:30pm BodyPump LM

Friday

8:15am SAIL (Stay Active & Independent for Life)
9:00am Cxworx LM
9:30am SAIL
9:30 BodyStep LM
10:30am Integrate LM
5:30pm Combo Class

Saturday

8:30am RPM LM
8:30am BodyStep LM
9:45am BodyPump LM
9:45am BodyFlow LM

Sunday

8:45am Athletic BodyStep LM
10:00am BodyFlow LM

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