

Group Fitness

Facility Hours: Monday–Friday: 5:30am–9:30pm • Saturday: 7:00am–6:00pm • Sunday: 9:00am–6:00pm

Group Fitness Class schedule

Unlimited group classes are FREE with your membership

	Mon	Tue	Wed	Thur	Fri	Sat	Sun
5:45–6:45am		Group Fight Gail	Group Power Gail	Group Fight Gail	Group Power Trisha		
8:10–9:10am	Group Centergy Gail	Group Power Kimberly	8:40–9:10 Group Core Doug	Group Power Doug	Group Blast Kimberly	7:45–8:45 Group Blast Mary	
9:15–10:15am		Group Ride Rob		Group Ride Doug	Group Ride Jill	8:50–9:20 Group Core Trisha	9:10–10:10 Zumba Carmen
9:15–10:15am	Group Blast Kimberly	Group Power Doug	Group Fight Jill	Group Power Jill	Group Centergy Gail	9:30–10:30 Group Power Jill	9:10–10:10 Group Ride Rob
10:25–11:15am	Low Impact Circuit Gail	SilverSneakers Classic Karen	Low Impact Circuit Anthony	SilverSneakers Classic Karen	Low Impact Group Fight Trisha	10:40–11:40 Group Fight Jill	10:20–11:20 Group Power Rob
11:20–12:10pm	Smart Start Sandy	ChairYoga Barbara	Smart Start Sandy	ChairYoga Barbara	Smart Start Sandy		11:25–12:25 Group Centergy Kelly
12:20–1:20pm	Group Power Rob	Group Centergy Kimberly	Group Power Rob		Group Power David		
5:45–6:45pm	Group Power Gail	Group Blast David	Group Power David	Group Fight Kimberly			
6:00–7:00pm	Group Ride Rob	Group Ride Hannah					
6:50–7:50pm	Group Fight Kelly	Group Power Rob	Group Centergy Kelly	Group Power Kimberly			
7:55–8:55pm	Zumba Mandy	Zumba Lynda		Zumba Lynda			

Class descriptions on the Back

May 4, 2017

Federal Way Community Center • 876 S. 333rd Street • 253-835-6900

Schedules subject to change.

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Group Fitness Class Descriptions

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Group Power[®]—Our most popular fitness class. This barbell program strengthens all your major muscles using squats, lunges, presses and curls.

Group Fight[®]—A fusion class of martial arts and boxing movements timed to modern music. Punch, Fight and smile as you define and shape your body with confidence.

Group Centergy[®]—“Center your energy” with a yoga and pilates-based class that increases flexibility, tones muscles, and protects joints, ligaments and tendons.

Group Ride[®]—Pedal in groups, roll over hills, chase the pack, climb mountains and spin your way to burning calories and strengthening your lower body. This 60 minute cycling program is geared for anyone who can ride a bike. Group Ride is a FWCC Member only class. No day pass visitors please.

Group Blast[®]—Get your cardio fix with 60 minutes of step training. Improve your fitness, agility, balance and strength with athletic exercises that utilize the step in dynamic new ways. The exciting music and group experience will get your heart pounding and your sweat pouring. Have a blast with Group Blast!

Group Core[®]—Train like an athlete in 30 action-packed minutes. A strong core, from your shoulders to your hips, will improve your athletic performance, help prevent back pain, and give you ripped abs! Expert coaching and motivating music will guide you through functional and integrated exercises using your body weight, weight plates, a towel, and a platform—all to challenge you like never before.

Zumba[®]—Interval training class using easy-to-follow movements. Tone and sculpt your body with resistance training to fast and slow Latin salsa rhythms. This class is included in all memberships.

Smart Start—This is a great class for the beginner, those with limited mobility, or those who are getting back into exercise after an illness or injury. Designed for ages 65+ but everyone is welcome. Includes cardio and strength circuits. You can learn the routine and progress at your own comfort level. Open to all membership types.

SilverSneakers Classic[®]—is a universal class designed to improve agility, balance, coordination and activities for daily living skills to increase participants’ functional capacities.

Low Impact Circuit—Combine fun with fitness to increase your cardiovascular and muscular endurance power with a standing circuit workout. Strength work alternated with low-impact cardio exercise. A chair is used for standing support, stretching and relaxation exercises. This class is included in all memberships.

Chair Yoga—is a universal class designed specifically to target balance, range of movement, muscular endurance, restorative breathing and mind-body integration improvement.