



## Federal Way Community Center Fitness Area FAQ's

### **What ages can my kids start using the fitness area?**

Once your kids are 12, they can begin to have limited use of the fitness area once they have completed a junior fitness orientation. At age 15 there are no restrictions. Children ages 9 and above are allowed to use the track with parent supervision all hours except 5-7pm Monday-Friday (adult only hours).

### **Are the Group Fitness classes included in the membership?**

Yes. We offer nearly 30 classes each week. Group Power is our weight lifting class; Group Centergy is a pilates/yoga class. Group Kick is kickboxing, Group Step is step aerobics. We also offer dance based classes Jazzercise and Zumba.

### **Where can I find a Group Fitness class schedule and class descriptions?**

Schedules are posted around the FWCC as well as on page 12 in the quarterly catalog. You can also find the schedule, description and a video of each class in progress at [www.itallhappenshere.org](http://www.itallhappenshere.org).

### **What is H.i.i.T.?**

H.i.i.T. stands for High Intensity Interval Training. This class is a fee based class that is held on the track. We use a variety of different equipment such as kettle bells, battling ropes, TRX and medicine balls in this fast moving circuit training workout. Punch cards are just \$60 for members and \$85 for non-members.

### **What are the climbing pinnacle hours?**

Monday, Wednesday, Friday 5-8pm  
Tuesday, Thursday 4-7pm  
Saturday, Sunday 2-5pm

### **I'm just returning to fitness and not sure where to start. What services do you offer to get me orientated with the facility?**

If you just need an equipment orientation, then that is offered on Tuesdays at 9:30am, Wed. at 7pm and Thursdays at 4pm. This class is free to members and day pass users.

### **Need more individualized attention?**

Contact one of our nationally certified trainers and schedule a small group or 1 on 1 session:

**Gail Cuthbert** | 253-334-9107  
[gailrian@yahoo.com](mailto:gailrian@yahoo.com)

**Eva Rasor** | 253-350-5475  
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