



# Class Descriptions

4152 Meridian, Suite 219 ◦ Bellingham WA 98226 ◦ Phone: 647-1511  
Hours: Monday – Friday: 5am-11pm, Weekends: 7am – 7pm  
Visit us on the web at: [www.mycitygym.com](http://www.mycitygym.com)

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## **BELLY DANCE** (75 minutes)

Belly dancing is a fun and exciting form of dance that has been practiced for hundreds of years. Give it a try – you'll love the music and moves while getting the aerobic benefits of dance. All levels welcome!

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## **BODY FIT** (60 minutes)

(Total Body Functional Integrated Training) Not your ordinary strength training class! Challenge your muscular endurance, balance and coordination by moving through all planes of motion using multi-joint and compound exercises.

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## **BODY STRONG/REP REEBOK** (60 minutes)

Train your body head to toe! Improve muscular definition, strength, and endurance using low weights/high repetitions with adjustable barbells and hand weights. This class runs for two months; the Rep Reebok version (working muscle groups in 3-4 sets) runs for one month following the two months of BodyStrong.

*New participants should arrive 10 minutes early for orientation and set-up.*

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## **BOOT CAMP\*** (60 minutes) *12-week sessions.*

*Check with the gym for the next start date!*

Non-stop sweat session! 12-week sessions with 3 classes each week to motivate you to improve your health and fitness! Taught by a team of personal trainers, this class will help you to meet your goals using cardio drills, strength work, and fun. Fitness testing and nutritional guidance are included; excellent for all fitness levels! *Class requires pre-registration and additional fee.*

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## **CARDIO CIRCUIT** (45 minutes)

This class will take you through a cardio and strength circuit using a mix of kickboxing, floor patterns, floor drills, strength, step, and NOW Bosu at different stations, providing a whole body workout for ALL levels.

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## **CARDIO KICK** (60 minutes)

Burn a ton of calories while developing your core in this fierce but fun kickboxing class. Easy-to-follow combinations of upper body strikes, lower body strikes, blocks, and athletic drills make up this killer cardio workout.

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## **CORE CONCEPTS** (15 minutes)

A short but powerful class focusing on the abdominals, obliques, and low back – the body's "core" muscles. All levels welcome.

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## **CYCLE** (45 or 60 minutes)

Take the cardio ride of your life! This is a high-energy, non-impact aerobic workout set to great music, using a custom-fit stationary bike. Sprint, climb, and race your way to improved fitness! This class is self-paced and great for beginners as well as advanced participants.

*New participants should arrive 10 minutes early for orientation and set-up.*

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## **PILATES** (60 minutes)

A variety of mat Pilates exercises are incorporated to tone and lengthen the entire body, with a focus on the "powerhouse" muscles in the core of the body: abs, obliques, back, hips, etc. Beginning and advanced options are demonstrated. All levels welcome!

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## **SENIOR BALANCE CLASS** (60 minutes)

Use foam rollers, bands, stability balls and body weight to train and improve balance and core strength. Improved balance helps to prevent falls and make daily activities easier. Join us for a fun and productive hour!

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## **STEP IT UP!** (60 minutes)

Enjoy a traditional step experience that incorporates choreography set to great music. This class has something to offer the beginner as well as the seasoned stepper.

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## **T'AI CHI** (60 minutes)

Exercise mind, body, and spirit. T'ai chi uses slow movement to ease sore joints and muscles. Postures gently work muscles, improving concentration and the flow of 'qi,' the vital energy that sustains health and calms the mind.

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## **YOGA** (60 minutes)

Yoga is the union of mind and body – an ancient blend of postures that improves flexibility, strength, and endurance of all the major and minor muscle groups.

- For your safety, please arrive to class on time to ensure proper warm-up. If you must leave early, please be sure to cool down and stretch.
- This schedule is subject to change without notice. For the most updated schedule, please check the aerobic board on the wall at the top of the stairs.