



Group Fitness Schedule

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00AM	BOOT CAMP* (60 min.) Darrin	BODYFIT (60 min.) Holly	BOOT CAMP* (60 min.) Darrin	CYCLE (60 min.) Holly	BOOT CAMP* (60 min.) Darrin	
8:00AM						CYCLE (60 min.) Alisa
9:30AM						9:15 am BODY STRONG (60 min.) Lorinda
10:00AM	10:45 am SENIOR BALANCE (60 min.) Lorinda	T'AI CHI (60 min.) Cam		SENIOR BALANCE (60 min.) Kris	10:45 am T'AI CHI (60 min.) Cam	
12:15PM		CYCLE (45 min.) Lorinda		BODY STRONG (60 min.) Hillary		
4:30PM	CYCLE (45 min.) Lorinda	BODY STRONG (60 min.) Lorinda	CYCLE (45 min.) Angela	CARDIO CIRCUIT (45 min.) Angela		
5:15PM	CORE CONCEPTS (15 min.) Lorinda		CORE CONCEPTS (15 min.) Angela	CORE CONCEPTS (15 min.) Angela		
5:35PM	BOOT CAMP* (60 min.) Darrin		BOOT CAMP* (60 min.) Darrin	BODYFIT (60 min.) Amber	BOOT CAMP* (60 min.) Darrin	
6:45PM	PILATES (60 min.) Amber	YOGA (60 min.) Rhys	BODY STRONG (60 min.) Alisa	BELLY DANCING (60 min.) Nancy		

- 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 whiteboard on the wall at the top of the stairs.