



4152 Meridian Street Suite #219  
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 ph.360.647.1511  
 Hours: Mon–Fri (5am-11pm)  
 & Sat–Sun (7am – 7pm)  
 Visit us online @ [mycitygym.com](http://mycitygym.com)

## GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM	<b>CYCLE</b> (55 min.) <i>Sarah</i>		<b>CYCLE</b> (55 min.) <i>Sarah</i>	<b>CIRCUIT</b> (55 min.) <i>Sarah</i>	<b>CYCLE</b> (55 min.) <i>Sarah</i>	
7:00AM						
8:30AM			<b>SENIOR ZUMBA</b> (55 min.) <i>Mikari</i>			
9:00AM		<b>CHAIR YOGA</b> (55 min.) <i>Patti</i>			<b>DANCE W/ PATITUDE</b> (55 min.) <i>Patti</i>	
10:00AM	<b>SENIOR FIT</b> (55 min.) <i>Grant</i>	<b>T'AI CHI</b> (50 min.) <i>Cam</i>	<b>SENIOR FIT</b> (55 min.) <i>Grant</i>	<b>SENIOR FIT</b> (55 min.) <i>Grant</i>	<b>T'AI CHI</b> (50 min.) <i>Cam</i>	
11:15AM		<b>SENIOR FIT</b> (55 min.) <i>Grant</i>			<b>SENIOR FIT</b> (55 min.) <i>Grant</i>	
12:00PM						
4:30PM						
5:00PM						
6:00PM	<b>VINYASA YOGA</b> (55 min.) <i>Sarah</i>		<b>VINYASA YOGA</b> (55 min.) <i>Sarah</i>		<b>VINYASA YOGA</b> (55 min.) <i>Sarah</i>	

## **DESCRIPTIONS**

**Cycle:** Cycling class can burn up to 500 calories an hour! Get in here and cycle your way energized day!

**H.I.I.T:** Cardio & strength intervals that will sculpt your body and burn major calories. Win, win!

**Senior Balance:** 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!

**Dance w/ Patitude:** High-energy, exciting floor aerobics class that combines motivating, Latin inspired music with unique moves and combinations. Come do the salsa, mamba, meringue, samba and more as you sweat to a workout that targets all major muscle groups.

**Chair Yoga:** Gain more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Chair Yoga can help increase your balance, core strength and benefit your overall health.

**Senior Strength:** Strength exercises build muscle, and even very small changes in muscle strength can make a real difference in your ability to perform everyday activities like carrying groceries, lifting a grandchild, or getting up from a chair.

**Senior Stretch:** Getting you ready for your day with Senior Stretch, with a focus on all parts of your body, you will be ready to extend further for all of your daily activities.

**Strength Balance Fusion:** A combination of Senior Balance and Senior Strength into one!

**T'ai Chi:** Tai Chi is low impact and puts minimal stress on muscles and joints, making it generally safe for all ages and fitness levels. T'ai chi is a grace full form of exercise that's used for stress reduction and a variety of other health conditions.

**Vinyasa Yoga:** This class is a style of yoga characterized by stringing postures together so that you move from one to another, seamlessly, using breath. Commonly referred to as "flow" yoga. Vinyasa Yoga helps to develop a more balanced body as well as prevent repetitive motion injuries that can happen if you are always doing the same thing every day.

**Yin Yoga:** Yin Yoga is a slower-paced, more meditative version of the popular physical and spiritual discipline of yoga. In Yin yoga, the poses are held for a longer period of time (than vinyasa) to target the connective tissues (such as the ligaments) rather than focusing on the muscles.

**Power Pump Strength:** This weight training class uses barbells, dumbbells, and other fun equipment to provide a total body strength-training workout. Improved functional strength, core strength and balance. Some workouts will include a cardio component as well, building strength and flexibility. Build up your strength while enjoying the motivation from a supportive group fitness class and some fun music.