



4152 Meridian Street Suite #219  
 Bellingham.WA.98226  
 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  |  |  |  |  |  |          |
| 7:00AM  |  |  |  |  |  |          |
| 9:00AM  |  |  |  |  |  |          |
| 9:45AM  | <b>MOBILITY+</b><br>9:45* (55 min.)<br>Sarah |  |  | <b>MOBILITY+</b><br>9:45* (55 min.)<br>Sarah | <b>MOBILITY+</b><br>9:45* (55 min.)<br>Sarah |          |
| 11:00AM | <b>CHAIR YOGA</b><br>(55 min.)<br>Carolynn   |  |  |  | <b>CHAIR YOGA</b><br>(55 min.)<br>Carolynn   |          |
| 12:00PM |  |  |  |  |  |          |
| 4:30PM  |  | <b>HATHA YOGA</b><br>(55 min.)<br>Carolynn |  | <b>Hatha YOGA</b><br>(55 min.)<br>Carolynn   |  |          |
| 5:30PM  |  | <b>CYCLE</b><br>(55 min.)<br>Sarah         |  | <b>CYCLE</b><br>(55 min.)<br>Sarah           |  |          |
| 6:00PM  | <b>VINYASA YOGA</b><br>(55 min.)<br>Sarah    |  | <b>Hatha YOGA</b><br>(55 min.)<br>Carolynn |  | <b>Yin YOGA</b><br>(55 min.)<br>Sarah        |          |

Please sign up for each class you plan on going to, through the Wellyx app or with the front desk, preferably 4 + hours before hand so the instructor know they have enough people.

There is a 5 person minimum per class and in the event of a class being cancelled we try to notify members 2 hours before class.

## DESCRIPTIONS

**\*\*Chair Yoga\*\*:** Chair yoga offers gentle stretches and poses, primarily seated or using a chair for support. It's perfect for those with limited mobility or looking for a more accessible way to practice yoga, focusing on flexibility, balance, and relaxation.

**\*\*Strength and Mobility\*\*:** This class combines strength-building exercises with movements aimed at enhancing flexibility and mobility. Expect a dynamic workout that challenges your body's range of motion while increasing overall strength and stability.

**\*\*Vinyasa Yoga\*\*:** Vinyasa yoga synchronizes breath with movement in a flowing sequence of poses. It offers a dynamic and energetic practice, emphasizing strength, flexibility, and mindfulness as you gracefully move through poses linked by the breath.

**\*\*Hatha Yoga\*\*:** Hatha yoga focuses on the balance between breath and movement, incorporating a variety of poses to align and calm the body, mind, and spirit. It is a foundational practice suitable for all levels, offering a slower-paced yet deeply rejuvenating experience.

**\*\*Yin Yoga\*\*:** Yin yoga targets the deep connective tissues of the body through passive, long-held poses, typically performed on the floor. This meditative practice encourages relaxation and release, promoting flexibility, joint mobility, and a sense of inner peace.

**\*\*Cycle Class\*\*:** In a cycle class, participants engage in high-energy stationary biking, led by motivating instructors who guide you through intervals, climbs, and sprints. It is a cardio-intensive workout designed to improve cardiovascular health, leg strength, and endurance, all set to energizing music.

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