4152 Meridian Street Suite #219
Bellingham.WA.98226
ph.360.647.1511
Hours: Mon–Fri (5am-9pm)
& Sat (7am – 7pm)
Sun (7am-5pm)
Visit us online @ mycitygym.com
Email: frontdesk@mycitygym.com

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday
5:30AM					
7:00AM					
8:30AM	Mobility+ 8:30* (55 min.) *Sarah*				Mobility+ 8:30* (55 min.) *Sarah*
9:45AM	Mobility+ 9:45* (55 min.) *Sarah*	Pilates Fusion 9 :45* (55 min.) Sarah	Mobility+ 9:45* (55 min.) *Rolland*	Step up 9:45* (55 min.) *Sarah*	Mobility+ 9:45* (55 min.) *Sarah*
10:45AM					
11:30AM		Zumba 11:30* (55 min.) *Vanessa*			
4:30PM					
5:30PM					
6:00PM					Yin Yoga 6:00* (55 min.) Sarah

Please sign up for each class you plan on going to, through the Wellyx app or with the front desk, in person, by phone or email us at **frontdesk@mycitygym.com**, 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

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.

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. *_Feel free to bring a bolster pillow or folded blanket to make class even more relaxing._ *

Step up:
Join us for an energizing step-up aerobics class! This workout combines cardio with strength training, using a step platform to boost your fitness levels. Perfect for all levels looking to sweat and improve coordination.

Zumba:
Experience the joy of movement with our senior Zumba class. This class is designed to keep you active, social and having fun. It also helps improve balance, flexibility, and cardiovascular health, all while dancing to upbeat music. All levels welcome.

Mat Pilates Fusion:
A dynamic 1-hour mat-based movement class that focuses primarily on strengthening the core, hips, and glutes through controlled, low-impact movement. Blending Pilates-inspired exercises with elements of mobility training, yoga, and functional strength work, this full-body class emphasizes posture, stability, balance, and flexibility. Using primarily bodyweight exercises and occasional light props, the class offers an energizing yet approachable workout for a variety of fitness levels — all set to an uplifting playlist that keeps you moving with purpose.

- Come try our classes and bring a friend
- Each member gets 1 guest pass to share every 6 months.
- Let us know if there is a class you would like us to add.