



GROUP FITNESS SCHEDULE/ April-June 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		0630 COMMAND PT/FEP (Crystal)		0630 COMMAND PT/FEP (Vicki)		
	0830-0930 WATER AEROBICS (Crystal)		0830-0930 WATER AEROBICS (Crystal)		0830-0930 WATER AEROBICS (Anah)	
	1130-1230 HIIT Circuits (Crystal)	1130-1230 Strength & Conditioning (Amanda)	1130-1230 Spin (Crystal)	1130-1230 Core Crusher (Amanda)	1130-1230 Yogafit (Crystal)	
	1700-1800 Zumba (Crystal)	1500-1600 Strength & Conditioning (Amanda)	1430-1500 Core Blaster (Amanda)			

SEISMOS FITNESS CENTER

HOURS OF OPERATION

M-F 0515-2030
SAT 0900-1700
SUN 1000-1700

POOL HOURS

MON-F 0600-1230
MON-F 1430-1900
SAT 9:30-1400
SUN CLOSED

HOLIDAYS
1000-1700

Phone 425-304-3336
Pool 425-304-3388
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UPCOMING FITNESS EVENTS

**May 15 Spring Command
Challenge**
June 27 Health Fair

COMMAND PT CLASSES OFFERED BY REQUEST 425-304-3922

CLASS DESCRIPTIONS:

Water Aerobics (M/W/F 0830-930)

This fast paced aerobics class offers an hour of increased cardiovascular moves, building stamina while toning the major muscle groups. We finish off with core exercises and stretching.

HIIT Circuits (Monday 1130-1230)

High intensity interval training has proven its effectiveness in getting results. HIIT uses short bursts of intense training anaerobic training followed by less intense recovery periods to create a metabolic response that burns fat and builds strength and cardio endurance.

Strength and Conditioning (Tuesday 1130-1230, 1500-1600) Build your physique and increase overall strength in one hour. Gain muscle using proper technique and form through traditional weight lifting, functional training and more. No cardio here, just pure brute strength. Please arrive 5 minutes early for class to set up.

Command PT/FEP (Tu/Th 0630-0730)

Cardiovascular, strength and flexibility training designed for the active duty commands looking to stay fit. Please schedule with a Fitness Specialist. First come, first served. *Schedule for the time that works best for your command.*

Spin (Wednesday 1130-1230)

Based on the latest research by Schwinn this one-hour class is based on authentic cycling principles. All elements of the class are rooted in the approach and science of real outdoor cycling. Improve your cardio endurance while engaging in a fun group dynamic. All levels of fitness from the beginner to the expert will see results

Core Blaster (Wednesday 1430-1500/ Thursday 1130-1230)

14:30-15:00 Core Crusher- Get in for a quick and dirty 30 minute Core Crushing good time! Get rid of that spare tire and get ready to shred your mid-section. Science continues to prove Core Exercises improve all-over strength, increased productivity, over-all wellness and decreased injury's. Get in here and CRUSH your fitness goals!

ZUMBA® (Monday 1700-1800)

Zumba is a fusion of Latin and International music / dance themes that create a dynamic and exciting fitness class, based on the principle that a workout should be "FUN AND EASY TO DO." The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body. Zumba is a "feel-happy" workout that is great for both the body and the mind.

Yogafit (Friday 1130-1230)

Bringing Yoga to everybody in a safe, accessible and adaptable way, YogaFit allows for a full range of fitness levels, age groups, and health conditions while maintaining the essence of the practice. A great way to end your week.