



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

GROUP FITNESS SCHEDULE

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30AM		CYCLE (55 min.) <i>Holly</i>	F.I.T. with Britt (55 min.) <i>Britt</i>	CYCLE (55 min.) <i>Holly</i>	F.I.T. with Britt (55 min.) <i>Britt</i>	
9:00AM	DANCE w/ PATITUDE (55 min.) <i>Patti</i>					
10:10AM	SENIOR BALANCE (50 min.) <i>Patti</i>	T'AI CHI (50 min.) <i>Cam</i>			T'AI CHI (50 min.) <i>Cam</i>	
11:00AM	SENIOR STRENGTH (55 min.) <i>Patti</i>	DANCE w/ PATITUDE (55 min.) <i>Patti</i>	DANCE w/ PATITUDE (55 min.) <i>Patti</i>		DANCE w/ PATITUDE (55 min.) <i>Patti</i>	
12:00PM		Chair Yoga (30 min.) <i>Patti</i>	Chair Yoga (30 min.) <i>Patti</i>		SENIOR STRETCH (30 min.) <i>Patti</i>	
1:00PM				Strength Balance Fushion (55min.) <i>Patti</i>		
4:30PM	POWER PUMP STRENGTH (55 min.) <i>Sarah</i>	H.I.I.T (55 min.) <i>Cassie</i>		H.I.I.T (55 min.) <i>Cassie</i>	POWER PUMP STRENGTH (55 min.) <i>Sarah</i>	
5:30PM	BEGINNER YOGA (55 min.) <i>Alysha</i>	CYCLE (55 min.) <i>Cassie</i>	YOGA MIX (55 min.) <i>Alysha</i>	CYCLE (55 min.) <i>Sarah</i>		
6:30PM						

DESCRIPTIONS

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

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

F.I.T with Brit: Functional Interval Training with Brit focuses on proper form and technique as it translates into the activities of daily living. This class will work your core muscles which are essential to overall peak health and performance.

Flow Motion: Gentle range of motion exercises meant to strengthen, lengthen and tone your muscles, improve your circulation and balance.

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.

Senior Stretch: Gain more freedom of movement for your physical activities and for everyday activities such as getting dressed and reaching objects on a shelf. Stretching exercises can improve your flexibility and range of motion. 30 minutes with Patti Douglas twice weekly.

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.

Strength Balance Fushion: 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.

Beginner Yoga: This class blend strength, flexibility, and relaxation, incorporating mindfulness to benefit focus, and promote general well-being at an entry level.

Yoga Mix: Yoga Mix will be focused on core stability, stretching, and improving your knowledge of Yoga. This class will adjust to the member needs from week to week basis.

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. in building strength and flexibility. Build up your strength while enjoying the motivation from a supportive group fitness class and some fun music.