

# Lake Stevens Athletic Club

## FALL GX SCHEDULE FEB.2020

TIME	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
8:15am	STRENGTH		STRENGTH	ZUMBA TONING	STRENGTH	CYCLE	
9AM					INSANITY		
9:15AM						Alt. schedule posted in gym	
9:30AM	ZUMBA	YOGA	ZUMBA	YOGA	ZUMBA GOLD		
9:30AM	CYCLE		CYCLE				
10:35AM		HEALTHY LIFESTYLE		HEALTHY LIFESTYLE			
4:30PM	STRENGTH		STRENGTH		YOGA		
5:30PM	ZUMBA	CYCLE	ZUMBA	CYCLE			
6:40PM		YOGA		YOGA			

Classes will be offered based on regular member participation

<b>INSANITY</b>	<b>30 minute HIIT class (high or low intensity interval training)</b>	
<b>YOGA</b>	<b>A mind-muscle fitness class designed to reduce stress, increase strength and flexibility while promoting proper breathing.</b>	
<b>STEP/ STRENGTH</b>	<b>Step aerobics and strength training</b>	
<b>ZUMBA /ZUMBA GOLD</b>	<b>A "dance" cardio workout with a Latin flair. Ditch the workout and join the party! Zumba Gold- A "lighter" version geared for seniors and new participants.</b>	
<b>ZUMBA TONING</b>	<b>Light weight dumbbells or toning sticks included with ZUMBA</b>	
<b>HEALTHY LIFESTYLES</b>	<b>45 minute low impact class, cardio, strength, bands, balance, CORE</b>	
<b>CYCLE</b>	<b>Indoor cycle class lead by a certified cycle instructor: steep hills, and fast flats.</b>	