



PRIME FITNESS

Winter 2019 Group Fitness Schedule

STARTS 1/2/2019

(253) 826-5500



PRIME FITNESS

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00am							
8:00am					(2) \$\$ GT - TRX (45min) - Ruth	INSANITY™ & Abs (45min) - Serina	
9:00am	(1) Prime Intervals - Nichole	(1) Turbo Kick™ - Bridget	(1) Prime Strength - Ruth	(1) Turbo Kick™ - Katie	(1) Prime Cycle (45min)-Ruth (3) Barre - Nichole	(1) Zumba™ - Stacey (2)\$\$ Met-Fit - Serina	(1) Prime Intervals - Rotating Instructor (3)\$\$ Kid's Yoga - Wan-Ching (1st & 3rd Sunday)
10:00am	(1) Zumba™ - Stacey (3) Barre - Katie	(1) Prime Strength - Nichole	(1) CIZE™ - Bridget	(1) PiYo™ - Nichole	(1) Zumba - Stacey	(3) Yoga - Libbie	
11:00am	(1) Boomers - Libbie	(1) Silver Sneakers™ Classic - Melissa R. (3) Yoga - Libbie	(1) Boomers - Libbie	(1) Boomers - Libbie	(1) Yoga - Libbie		
4:30pm							
5:00pm	(1) PiYo™ - Bridget (2)\$\$ GT- Met-Fit(30min) Serina	(1) Prime Intervals - Kea (2)\$\$ GT-Power Intervals Serina	(1) Prime Cycle (45min) - Carol (2)\$\$ GT- Met-Fit (30min) Serina	(1) Body Lab - Bridget (2)\$\$ GT-Power Intervals Serina			
5:30pm	(3)\$\$ HP/GT-Heat Sculpt Serina		(3)\$\$ HP/GT-Heat Sculpt Serina				
5:45pm							
6:00pm	(1) Cardio Dance Mix - Bridget	(2)\$\$ GT-Prime Fit Serina (3)\$\$ HP- Hot Yoga - Felicia	(1) Zumba - Stacey	(2)\$\$ GT-Prime Fit Serina (3)\$\$HP - Hot Yoga - Felicia			
6:30pm							
6:45pm							
7:00pm		(1) Yoga - Tina					

All classes can be modified to suit various fitness levels. Speak with the instructor prior to class to discuss these modifications and always work within your fitness level. Location of class is listed by studio (#). \$\$ Denotes added fee class. GT = Group Training HP = Heat Package See front desk for pricing details.