



PURSUIT FITNESS

LAKE STEVENS GROUP CLASS SCHEDULE

CLASS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Yoga	5:30PM GENTLE YOGA NICOLE	10:30AM YOGA SCULPT SAM					
Strength			9:30AM YOGA/PILATES SAM		9:30AM PILATES SAM		
Dance Fitness	10:30AM HIGH FITNESS KATIE 6:30PM TURN UP HANNAH	6:30PM ZUMBA LESLIE	6:30PM ZUMBA AARON	6:30PM ZUMBA LESLIE			
Senior Fit		11:30AM NICOLE		11:30AM SAM			



CLASS DESCRIPTIONS

TURN UP DANCE FITNESS

A full body HIIT dance fitness workout that feels like going to the club with your friends.

SHINE DANCE FITNESS

Combining current hit music and choreo to help students feel confident and strong. This high-cardio exercise combines jazz, ballet and hip hop moves with calisthenics in a HIIT format for a full-body workout.

ZUMBA

Latin inspired dance fitness set to a combination of Latin and international music to give you an upbeat cardio workout.

WERQ DANCE FITNESS

Wildly addictive dance cardio workouts based on trending hip hop and pop music.

HIGH FITNESS

A high-intensity, interval-based group fitness program that combines aerobics-inspired moves with strength training and plyometrics. You can count on fun, easy-to-follow choreography set to popular, upbeat music, making it feel more like a party than a workout. Round out your aerobic workout with 10 minutes of core conditioning.

SPIN

Focused on resistance based intervals and cardio, on a stationary bike with exhilarating music.

PILATES

Pilates class focuses on strength, stability, posture, and proper breath control, with an emphasis on core. Increase flexibility and strength using slow controlled movements that will tone and lengthen your muscles during this energizing low impact, full body workout.

YOGA SCULPT

A dynamic blend of yoga and strength training aimed at promoting flexibility, lean muscle, and proper posture. This unique class combines traditional yoga poses with light weights to create a full-body workout that not only tones and sculpts your muscles but also boosts metabolism and bone density.

GENTLE YOGA

Relaxing, restorative yoga that incorporates breath work techniques and gentle movement to calm the nervous system and rejuvenate tired, sore muscles.

No classes- Memorial Day, PM Halloween, 4th of July, Labor Day, Thanksgiving- day before & day after, Easter Sunday, Christmas Eve- Jan 1st