

Everett Community Health & Wellness Center
 "Building a healthier community"

August Summer Fitness Schedule: August 1st – August 17th 2019

Schedule subject to change**

Time	Monday		Tuesday		Wednesday		Thursday	Friday	Saturday	Sunday
5:30AM	Spinning <u>Registration Required</u>		Synergy 360		Spinning <u>Registration Required</u>		Synergy 360	Spinning <u>Registration Required</u>	Check out our Fitness In the Park Schedule for the Month of August For Locations & Times	
8:30AM	Spin Boot Camp <u>Registration Required</u>	Body Blast <u>Registration Required</u>	Turbo Spin <u>Registration Required</u>		Spin Boot Camp <u>Registration Required</u>	Body Blast <u>Registration Required</u>	Turbo Spin <u>Registration Required</u>	Spin Boot Camp <u>Registration Required</u>		
9:00AM										
9:30AM			W.O.D		Synergy 360 <u>Registration Required</u>		W.O.D		Powerflow Yoga** <u>Registration Required</u>	
10:00AM								Yoga <u>Registration Required</u>	Zumba** <u>Registration Required</u>	Zumba <u>Registration Required</u>
11:00AM	Yoga <u>Registration Required</u>									
12:00PM								*Advanced* Functional Fridays <u>Registration Required</u>		
4:15PM	Functional Training <u>Registration Required</u>				Functional Training <u>Registration Required</u>			Functional Training <u>Registration Required</u>		
5:00PM					Power Flow Yoga <u>Registration Required</u>					
5:15PM			Spinning <u>Registration Required</u>		Body Blast <u>Registration Required</u>		Spinning <u>Registration Required</u>	Boot Camp <u>Registration Required</u>		
6:00PM	Power Flow Yoga <u>Registration Required</u>						Slow Flow Yoga <u>Registration Required</u>			
6:15PM	Strength Camp ((ADVANCED)) <u>Registration Required</u>	HIIT Class <u>Registration Required</u>	Boot Camp <u>Registration Required</u>	Synergy 360 <u>Registration Required</u>	HIIT Class <u>Registration Required</u>		Synergy 360 <u>Registration Required</u>	TRX <u>Registration Required</u>		
6:30PM	Outdoor Fitness Training** <u>Registration Required</u>									
7:00 PM	Strong <u>Registration Required</u>		Yoga <u>Registration Required</u>		Hip Hop Step <u>Registration Required</u>		Zumba <u>Registration Required</u>	Zumba <u>Registration Required</u>		

Yoga on Saturdays at the Center will not run 8/3* Zumba on Saturday will run 8/10 & 8/24 at 9AM at Swan St Park instead of the Center at 10AM
 Outdoor Monday class with Sam is at Glendale Park