



# Group Fitness Schedule *Effective April 1, 2024*

1212 Black Lake Blvd., Olympia • Front Desk: (360) 956-3400 • [stips@whetstonefit.com](mailto:stips@whetstonefit.com)  
 WhetstoneFit.com • facebook.com/WhetstoneFitness

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Time	Saturday	Time	Sunday
7:45 am						7:45 am	45 Minute Class <b>CYCLES</b> Renee-Michelle		
8:45 am	<b>LES MILLS BODYBALANCE</b> Renee-Michelle	<b>LES MILLS BODYPUMP</b> Becca	<b>FREESTYLE STEP</b> Sue M. & Renee-Michelle	45 min <b>LES MILLS BODYPUMP</b> 15 min <b>CORE</b> Renee-Michelle	<b>RetroStep</b> Sue M.	8:45 am	<b>LES MILLS BODYPUMP</b> Becca & Jerrie or Vicki	8:45 am	<b>LES MILLS BODYSTEP</b> Christine & Teal
10:00 am	HEALTHWAYS <b>Silver Sneakers</b> Classic Lorri	HEALTHWAYS <b>Silver Sneakers</b> Circuit Renee-Michelle	<b>STRENGTH Training</b> Renee-Michelle	HEALTHWAYS <b>Silver Sneakers</b> Circuit Renee-Michelle	HEALTHWAYS <b>Silver Sneakers</b> Circuit Renee-Michelle	9:55 am	30 Minute Class <b>LES MILLS CORE</b> Sue D.	9:55 am	30 Minute Class <b>LES MILLS CORE</b> Sara
11:00 am	<b>ENER Chi</b> Lorri	<b>Gentle Flow Yoga</b> Sarah	<b>Senior Functional Fitness</b> Cindy	<b>ADVANCING ASANA</b> Lynn	<b>Chair Yoga</b> Chris	10:30 am	50 Minute Class <b>LES MILLS BODYATTACK</b> Sara & Sue D.	10:30 am	<b>LES MILLS BODYBALANCE</b> Sara
12:05 pm	30 min <b>LES MILLS BODYPUMP</b> 30 min <b>CORE</b> Renee-Michelle	<b>CYCLES</b> Renee-Michelle	<b>LES MILLS BODYATTACK</b> Cindy	<b>CYCLES</b> Pam	30 min <b>LES MILLS BODYPUMP</b> 30 min <b>CORE</b> Cindy	11:30 am	<b>LES MILLS BODYBALANCE</b> Sara		
1:00 pm			<b>Gentle YOGA</b> Sarah						

Your feedback, questions, and ideas are welcome!

Contact Sara Tips at [stips@whetstonefit.com](mailto:stips@whetstonefit.com)

4:30 pm	*Starts at 4:50pm 30-min <b>CYCLES</b> Pam	*Starts at 4:20pm <b>ZUMBA</b> Glorymar	45 Minute Class <b>LES MILLS BODYCOMBAT</b> Victoria & Christina	<b>ZUMBA</b> Glorymar
5:30 pm	*Starts at 5:35pm <b>LES MILLS BODYPUMP</b> Sara	45 Minute Class <b>LES MILLS BODYSTEP</b> Teal	50 Minute Class <b>LES MILLS BODYPUMP</b> Sara & Cindy	50 Minute Class <b>LES MILLS BODYATTACK</b> Sara & Cindy
6:30 pm	30 Minute Class <b>LES MILLS CORE</b> Sara	<b>LES MILLS BODYBALANCE</b> Elisa	<b>LES MILLS CORE</b> Sara & Cindy	<b>LES MILLS BODYBALANCE</b> Sara
7:15 pm	<b>MIXEDFIT</b> Mel			





# Group Fitness Class Descriptions

## LES MILLS BODYATTACK

Find your athletic potential. BODYATTACK is a high-energy cardio class with moves for total beginners to total addicts. Build stamina and improve your coordination and agility. Get quicker off the mark in everything you do. You can adjust a BODYATTACK workout to your current fitness level.

## LES MILLS BODYBALANCE

BODYBALANCE™ is the Yoga/Pilates workout that builds flexibility and strength and leaves you feeling centered and calm. Controlled breathing, mindfulness, and a carefully structured series of stretches, moves and poses to music create a holistic workout that brings the body into a state of harmony and balance.

## LES MILLS BODYCOMBAT

Punch, Kick, & Strike your way to Fitness. BODYCOMBAT is a high-energy martial arts-inspired workout that is totally non-contact. No experience needed. Learn moves from Karate, Taekwondo, Boxing, Muay Thai, Capoeira, and Kung Fu. Release stress, have a blast and feel like a champ.

## LES MILLS BODYPUMP

**Real Results ... Real Fast.** BODYPUMP classes use barbells, free weights, and body weight for this light weight/high repetition strength workout set to energizing music to tone and condition our muscles. You will be challenged, get results, and best of all, have fun!

## LES MILLS BODYSTEP

The ultimate STEP class. Expect a mix of upbeat, rhythmic stepping, with squat and lunge patterns to work the legs. Combine this with movements like burpees, push-ups and weight plate exercises, and the result is a fun, uplifting, full-body workout! Participants can choose their own level of intensity and everyone leaves feeling successful.

## Chair Yoga



Use the chair for added stability as you work through a series of seated and standing yoga poses to gently stretch, strengthen and restore your body.

## LES MILLS CORE

During the 30-minute workout, our instructors guide you through correct technique as you work with resistance tubes and light weights. LM CORE homes in on the torso and sling muscles that connect your upper body to your lower body. It's ideal for tightening your tummy and butt, as well as improving functional strength and assisting in injury prevention.

## CYCLES

This is a high intensity cycling workout with short sharp bursts of sprints and hill efforts interspersed with active recovery and longer intervals to test strength and endurance. A big calorie burning, muscle building challenge which will complement your outdoor cycling.



EnerChi is comprised of easy-to-learn, modified Taichi forms practiced in a slow, flowing sequence. EnerChi will improve strength, balance, focus, and well-being. Chair support is offered to facilitate standing stability and seated exercise options.

## Gentle Yoga



This class is designed for beginners and will provide a basic framework to anyone who is new to Yoga. Learn the basic principles of Yoga and simple breathing techniques in a safe and welcoming environment. Practice standing postures and lots of gentle floor work for your mid-week re-set.



Our focus will be on breath combined with a flowing movement and mindfulness. Traditional yoga asanas are performed while standing. The final 20 minutes will be performed lying on your mat for core & back strengthening, and gentle stretching. After savasana, you will leave feeling great inside and out!



MIXXEDFIT is a people-inspired dance fitness program that combines explosive dance movement with body-weight toning. It is dance movements combined with boot camp movements to help strengthen, tone, and increase endurance.



A free style moderately paced step class. Perfect for all fitness levels. All step moves and combinations can be modified to suit your needs. A welcoming group of all ages will greet you. Fun fitness along with an easy-going atmosphere!

## Senior Functional Fitness



This class will get you moving better and improve your health, mood, and strength. You will work to develop and maintain strength, flexibility, and balance using a variety of low impact methods. All levels welcome!



Millions of older adults are hitting the gym to get the physical activity they need to keep strong and prevent or manage many health issues. Classes are designed for older adults who want to feel better, be independent and live an active lifestyle. Try Circuit style today!



This is a 45-minute strength class. Participants will use dumbbells, resistance bands, and weight plates to work all the major muscle groups. Movements will be slow and controlled. Participants are encouraged to come with a mindset for progressive strength training, where weights used will increase over time.



This class combines breathwork and detailed alignment for exploring yoga poses and transitions. Every week, we build from the basics into the more challenging in a supportive, community-based forum. We invite anyone seeking to advance their yoga practice, no matter your age or level of practice.



Take the "work" out of workout! Zumba mixes low and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

## QUESTIONS OR COMMENTS?

*We'd love to hear from you!*  
Call the front desk at (360) 956-3400 or email our Group Fitness Manager Sara Tips at [stips@whetstonefit.com](mailto:stips@whetstonefit.com)