

# Group Fitness Schedule *Effective May 3, 2021*

1212 Black Lake Blvd., Olympia • Front Desk: (360) 956-3400 • GroupFit@WhetstoneFit.com  
WhetstoneFit.com • facebook.com/WhetstoneFitness

| Time   | Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Time     | Saturday   | Time     | Sunday   |
|--|---|---|---|--|---|----------|--|----------|--|
| 6:00 am  | <br>Becca                        | <br>Renee-Michelle               | <br>Becca                                | <br>Ronna                                |   | 7:15 am  | <br>Sara & Sue                        |          |  |
| 7:30 am  |   | <br>Jerrie                       |   | <br>Jerrie                               |   | 8:30 am  | <br>Jerrie / Vicki                    | 8:30 am  | <br>Christina               |
| 8:45 am  | <br>Renee-Michelle               | <br>Renee-Michelle               | <br>Sue                                  | <br>Renee-Michelle                       | <br>Sue  | 9:45 am  | 30 Minute Class<br><br>Renee-Michelle | 9:35 am  | 30 Minute Class<br><br>Sara |
| 10:00 am   | <br>Lorri                        | <br>Renee-Michelle               | <br>Renee-Michelle                       | <br>Renee-Michelle                       | <br>Renee-Michelle   | 10:20 am | <br>Renee-Michelle                    | 10:15 am | <br>Sara                    |
| 11:00 am   |   |   | <br>Sarah                                | <br>Lorri                                | <br>Chris  |          |  |          |  |
| 12:00 pm   | <br>Renee-Michelle               | <br>Pam                          | <br>Cindy                                | <br>Pam                                  | Hybrid - 30 min each<br><br><br>Cindy |          |  |          |  |
| <p>Make sure your phone number and email address are up to date with the Front Desk so you can receive important updates regarding Group Fitness.</p> <p><i>*All classes are taught live <u>and</u> streamed on Zoom.</i></p> <p>To get Zoom login information, please email Sara Tips at <a href="mailto:sara@whetstonefit.com">sara@whetstonefit.com</a>, message us on FaceBook, or call the Front Desk during staffed hours.</p> |   |   |   |  |   |          |  |          |  |
| 4:30 pm  |   |   |   |  |   |          |  |          |  |
| 5:30 pm  | Express 45 minutes<br><br>Sara | Express 45 minutes<br><br>Teal | Express 45 minutes<br><br>Sara & Cindy | Express 45 minutes<br><br>Sara & Cindy |   |          |  |          |  |
| 6:25 pm  | 30 Minute Class<br><br>Sara    | <br>Elisa                      | 30 Minute Class<br><br>Sara & Cindy    | <br>Sara                               |   |          |  |          |  |



**STRENGTH  
DOESN'T COME  
FROM WHAT YOU CAN DO**

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IT COMES FROM  
**OVERCOMING**  
THE THINGS YOU ONCE THOUGHT  
YOU COULD NOT



## Group Fitness Class Descriptions



**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.



**BODYFLOW™ is the Yoga, Tai Chi, 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.



**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!



**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.



During the 30-minute workout, our instructors guide you through correct technique as you work with resistance tubes and light weights. LM CORE hones 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.



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.



This combo class starts with 30 min of high intensity, low impact cardio work on a bike. Next, move into upper body strength work using free weights, then cool down with stretching and foam rolling. Expect to work hard for short bursts with periods of rest. This class will increase your cardio endurance and push your physical and mental strength.

## 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.

## PowerStep

Come for a super fun full-body cardio workout. You will be challenged as you move to the high energy music and may not even realize how hard you are working until it is over because you are having a great time! Don't worry, there are lots of options. Participants can choose their own level of intensity and everyone leaves feeling successful.

## RetroStep

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!



**Ride it like you stole it.** The indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Discover your athlete within – sweat and burn to reach your endorphin high.



Millions of older adults are taking stock of their health and hitting the gym to get the physical activity they need to keep strong and prevent many health issues like heart disease, diabetes, colon cancer and high blood pressure. Classes are designed for older adults who want to feel better, be independent and live an active lifestyle. Try Circuit or Classic style today!

## StabilityBall

Use the stability ball to work the muscles of your abdomen, lower back, & glutes as well as those around your hips and shoulders by challenging your balance on an unstable surface (the ball). A great class for those who want to develop spinal stability to reduce back pain and improve posture, balance and coordination.

### Questions or Comments?

*We'd love to hear from you!*

Call the front desk at (360) 956-3400 or email Sara Tips, Group Fitness Manager, at [sara@whetstonefit.com](mailto:sara@whetstonefit.com)

TRX

**EXPERIENCE IT HERE**

**Paid small group training:** TRX Suspension Training classes are designed to build balance, strength & flexibility for people of all ages and at all fitness levels by leveraging gravity and your bodyweight to deliver a fast, effective total-body workout. Contact the Front Desk to find out more. (Pre-registration required)



*Stronger, Fitter, and Happier Together*