

# JANUARY-FEBRUARY 2020

## PRO CLUB GROUP FITNESS CLASSES

TIME	SUN	MON	TUES	WED	THUR	FRI	SAT
5:30			Mountain Conditioning 5:30-6:55   Studio A		Mountain Conditioning 5:30-6:55   Studio A		
6:00		POWER R/DE 6:00-6:55   Studio R/DE	Pilates Reformer* 6:00-6:55   Reformer St.	POWER R/DE 6:00-6:55   Studio R/DE	Pilates Reformer* 6:00-6:55   Reformer St.	POWER R/DE 6:00-6:55   Studio R/DE	
6:30		Barbell STRONG 6:00-6:55   Studio A  SHRED 6:00-6:55   Studio B  Fit Lab 2 6:15-7:10   Circuit Studio	Cardio Core 6:30-7:25   Studio A  Vinyasa Flow Yoga 6:30-7:25   Yoga Studio	Barbell STRONG 6:00-6:55   Studio A  Fit Lab 3 6:15-7:10   Circuit Studio	Cardio Core 6:30-7:25   Studio A  Vinyasa Flow Yoga 6:30-7:25   Yoga Studio	SHRED 6:00-6:55   Studio B  Fit Lab 2 6:15-7:10   Circuit Studio	
7:00			Fit Lab 2 7:00-7:55   Circuit Studio		Fit Lab 3 7:00-7:55   Circuit Studio		
7:30	Fit Lab 3 7:45-8:40   Circuit Studio	SHRED 7:30-8:25   Studio B  Marathon Training 7:30-8:25   Circuit Studio	REV/C 7:00-7:55   Studio R/DE	TRX® Total Body 7:30-8:25   Studio B  Marathon Training 7:30-8:25   Circuit Studio	R/DE 45 7:00-7:55   Studio R/DE	SHRED 7:30-8:25   Studio B	TRX® Total Body 7:30-8:25   Studio B  Fit Lab 3 7:45-8:40   Circuit Studio  Pilates Mat Plus 7:45-8:40   Yoga Studio
8:00		Feel Good Cardio Sculpt 8:00-8:55   Studio A		Feel Good Cardio Sculpt 8:00-8:55   Studio A	FIT LAB FREE Classes January 11-18	Feel Good Cardio Sculpt 8:00-8:55   Studio A	POWER R/DE 8:00-8:55   Studio R/DE
8:30							Cardio Dance Step 8:30-9:40   Studio A  Junior Karate 8:30-9:25   Studio B
9:00	Fit Lab 2 9:00-9:55   Circuit Studio  Gentle Flow Yoga 9:00-10:10   Studio B  Pilates Mat Plus 9:00-9:55   Yoga Studio  POWER R/DE 9:00-9:55   Studio R/DE	Vinyasa Flow Yoga 9:00-10:10   Yoga Studio	Fit Lab 3 9:00-9:55   Circuit Studio	NEW Chair Yoga 6-Week Series 9:15-10:15   Yoga Studio	NEW Fit Lab 1 9:00-9:55   Circuit St.	Yin Yoga 9:00-10:10   Yoga Studio	Fit Lab 2 9:00-9:55   Circuit Studio  Back to Yoga Basics 9:00-10:10   Yoga Studio  Pilates Reformer* 9:00-9:55   Reformer St.  REV/C 9:15-10:10   Studio R/DE
9:30	Barbell STRONG 9:00-10:10   Studio A	PRObarre 9:30-10:25   Studio B  POWER R/DE 9:30-10:25   Studio R/DE  HIGH Fitness 9:30-10:40   Studio A  Pilates Reformer* 9:30-10:25   Reformer St.	Step Circuit 9:30-10:25   Studio A  SHRED 9:30-10:25   Studio B	PRObarre 9:30-10:25   Studio B  POWER R/DE 9:30-10:25   Studio R/DE  Kickbox BLAST! 9:30-10:25   Studio A	Step Circuit 9:30-10:25   Studio A  SHRED 9:30-10:25   Studio B	PRObarre 9:30-10:25   Studio B  POWER R/DE 9:30-10:25   Studio R/DE  HIGH Fitness 9:30-10:40   Studio A  Pilates Reformer* 9:30-10:25   Reformer St.	PRObarre 9:30-10:25   Studio B  Adult Karate (Ages 11+) 9:30-10:25   RB Court 5  ZUMBA® fitness 9:45-10:40   Studio A
10:00		Women's Fit Lab 2 10:00-10:55   Circuit St.	Women's Fit Lab 3 10:00-10:55   Circuit St.  Vinyasa Flow Yoga 10:15-11:25   Yoga Studio	Women's Fit Lab 1 10:00-10:55   Circuit St.	Women's Fit Lab 2 10:00-10:55   Circuit St.  Vinyasa Flow Yoga 10:15-11:25   Yoga Studio	Women's Fit Lab 3 10:00-10:55   Circuit St.	Cross Training (Ages 10-15) 10:05-11:00   Circuit St.
10:30	KIDyoga 10:30-11:15   Yoga Studio  Vinyasa Flow Yoga 10:30-11:40   Studio B  BollyWorks FITNESS 10:30-11:25   Studio A	Pilates Mat Plus 10:30-11:25   Studio B  Back to Yoga Basics 10:30-11:40   Yoga Studio  ZUMBA® fitness 10:45-11:40   Studio A	Feel Good + RENEW 10:30-11:25   Studio A  PROjam 10:30-11:40   Studio B	Pilates Mat Plus 10:30-11:25   Studio B  Back to Yoga Basics 10:30-11:40   Yoga Studio  BabyRobics 10:30-11:25   Studio A	Feel Good + RENEW 10:30-11:25   Studio A  PROjam 10:30-11:40   Studio B	Pilates Mat Plus 10:30-11:25   Studio B  ZUMBA® fitness 10:45-11:40   Studio A	HIGH Fitness 10:30-11:25   Studio B  Vinyasa Flow Yoga 10:30-11:40   Yoga Studio  Kickbox BLAST! 10:45-11:55   Studio A
12:00		Fit Lab 2 12:00-12:55   Circuit St.  POWER R/DE 12:00-12:55   S. R/DE  PRObarre 12:00-12:55   Yoga St.  Barbell STRONG 12:00-12:55   Studio A  Pilates Reformer* 12:00-12:55   Reformer St.	Fit Lab 3 12:00-12:55   Circuit St.  R/DE 45 12:00-12:55   S. R/DE  Ultimate Legs 12:00-12:55   Studio A  TRX Form & Function 12:00-12:55   Studio B  Pilates Cardio Reformer* 12:00-12:55   Reformer St.  Vinyasa Flow Yoga 12:00-12:55   Yoga St.	Fit Lab 2 12:00-12:55   Circuit St.  POWER R/DE 12:00-12:55   S. R/DE  HIGH Fitness 12:00-12:55   Studio B  Barbell STRONG 12:00-12:55   Studio A	Fit Lab 1 12:00-12:55   Circuit St.  R/DE 45 12:00-12:55   S. R/DE  Ultimate Legs 12:00-12:55   Studio A  TRX Form & Function 12:00-12:55   Studio B  Pilates Reformer* 12:00-12:55   Reformer St.  Vinyasa Flow Yoga 12:00-12:55   Yoga St.	Fit Lab 2 12:00-12:55   Circuit St.  REV/C 12:00-12:55   S. R/DE  PRObarre 12:00-12:55   Yoga St.  NEW Runner's Hour 12:00-12:55   Studio B	
1:00		NEW Ultimate Abs 1:00-1:25   Studio A  NEW Feel Good + Balance 1:00-1:25   Studio B  NEW Meditation Yoga 6-Week Series 1:00-1:40   Yoga Studio	Feel Good + STRETCH 1:00-1:25   Studio A	Ultimate Abs 1:00-1:25   Studio A	Feel Good + STRETCH 1:00-1:25   Studio A	NEW Feel Good + Balance 1:00-1:25   Studio B  NEW Meditation Yoga 6-Week Series 1:00-1:40   Yoga Studio	
4:30		Fit Lab 2 4:30-5:25   Circuit Studio  All-Levels Yoga 4:30-5:25   Yoga Studio	Fit Lab 2 4:30-5:25   Circuit Studio  All-Levels Yoga 4:30-5:25   Yoga Studio  Junior Karate 4:30-5:25   Studio A	Fit Lab 2 4:30-5:25   Circuit Studio  All-Levels Yoga 4:30-5:25   Yoga Studio	Fit Lab 2 4:30-5:25   Circuit Studio  All-Levels Yoga 4:30-5:25   Yoga Studio	Fit Lab 2 4:30-5:25   Circuit Studio  All-Levels Yoga 4:30-5:25   Yoga Studio  Pilates Reformer* 4:30-5:25   Reformer St.	
5:30		Inner Warrior Workout 5:30-6:25   Studio A  PRObarre 5:30-6:25   Studio B  Pilates Mat Plus 5:45-6:40   Yoga Studio	Ultimate 6-Pack 5:30-6:25   Studio A  PROstrike! 5:30-6:25   Studio B  Vinyasa Flow Yoga 5:45-6:55   Yoga Studio	Cardio Core 5:30-6:25   Studio A  PRObarre 5:30-6:25   Studio B  Pilates Mat Plus 5:45-6:40   Yoga Studio	Ultimate Arms 5:30-6:25   Studio A  PROstrike! 5:30-6:25   Studio B  Vinyasa Flow Yoga 5:45-6:55   Yoga Studio	Friday Club Night Ultimate 6-Pack Remixed! 5:30-6:25   Studio A  Friday Club Night ZUMBA® fitness 5:30-6:45   Pavilion  Friday Club Night TRX® Triple Threat! 5:45-6:40   Studio B	
6:00		Fit Lab 2 6:00-6:55   Circuit Studio  POWER R/DE 6:00-6:55   Studio R/DE	Pilates Reformer* 6:00-6:55   Reformer St.  Adult Karate (Ages 11+) 6:00-6:55   RB Court 5	Fit Lab 3 6:00-6:55   Circuit Studio  POWER R/DE 6:00-6:55   Studio R/DE	Pilates Cardio Reformer* 6:00-6:55   Reformer St.		
6:30		Pilates Reformer* 6:30-7:25   Reformer St.  Barbell STRONG 6:30-7:25   Studio A  HIGH Fitness 6:30-7:25   Studio B	Fit Lab 1 6:30-7:25   Circuit Studio  Ultimate Legs 6:30-7:25   Studio A  R/DE 45 6:30-7:25   Studio R/DE  Tai Chi 6:30-7:25   Studio B	Pilates Reformer* 6:30-7:25   Reformer St.  Barbell STRONG 6:30-7:25   Studio A  HIGH Fitness 6:30-7:25   Studio B	Fit Lab 2 6:30-7:25   Circuit Studio  Kickbox BLAST! 6:30-7:25   Studio A  R/DE 45 6:30-7:25   Studio R/DE  Tai Chi 6:30-7:25   Studio B	NEW Swing Dance 6-Week Series 6:30-7:25   Studio A	
7:00		Back to Yoga Basics 7:00-8:10   Yoga Studio  Marathon Training 7:00-7:55   Circuit Studio	PRObarre 7:05-8:00   Yoga Studio	Back to Yoga Basics 7:00-8:10   Yoga Studio	PRObarre 7:05-8:00   Yoga Studio  Marathon Training 7:00-7:55   Circuit Studio		
7:30		Ultimate Arms 7:35-8:30   Studio A  SHRED 7:30-8:25   Studio B	Barbell STRONG 7:30-8:25   Studio A  BollyWorks FITNESS 7:30-8:25   Studio B	Ultimate Legs 7:30-8:25   Studio A  SHRED 7:30-8:25   Studio B	Barbell STRONG 7:30-8:25   Studio A		

### ENROLLMENT

- Fitness Retreats
- Karate
- KIDyoga
- Marathon Training
- Mountain Conditioning
- PROstrike!
- SHRED
- Tai Chi
- Workshops
- Youth Cross Training

### PACKAGE

- BollyWorks FITNESS
- Fit Lab
- HIGH Fitness®
- Pilates Mat Plus
- Pilates Reformer\*
- PRObarre
- PROjam
- TRX®
- Yoga
- Zumba® fitness

### FREE

- BabyRobics
- Barbell STRONG
- Cardio Core
- Cardio Dance Step
- Cycling
- Feel Good + Improve Balance
- Feel Good + RENEW
- Feel Good + STRETCH
- Feel Good Cardio Sculpt
- Friday Club Night: TRX®
- Friday Club Night: 6-Pack
- Friday Club Night: ZUMBA®
- Inner Warrior Workout
- Kickbox BLAST!
- Runner's Hour
- Step Circuit
- Ultimate 6-Pack Workout
- Ultimate Abs
- Ultimate Arms
- Ultimate Legs

**M** = MYZONE  
**E** = ENROLLMENT  
**P** = DROP-IN \$  
**F** = FREE

\*Specific Pilates Reformer class package details and pre-requisites on the back page.

# GROUP FITNESS CLASSES

## ENROLLMENT PROGRAMS

### MONTHLY

#### KIDYOGA (AGES 6-12)

Sun, 10:30 a.m. | Jan. 5-26, \$48/M, \$58/NMCM | Feb. 2-23, \$48/M, \$58/NMCM | *KIDyoga introduces yoga poses in the shapes of animals and other familiar objects. Each class is an adventure, complete with visualization and sounds to keep kids focused while they play. This practice will entertain and engage children while helping them unwind.*

#### MOUNTAIN CONDITIONING

Tue/Thu, 5:30 a.m. | Jan. 2-30, \$90 | Feb. 4-27, \$80 | *Guaranteed to wake you up and get you ready to workout in the wild! Muscular strength and endurance, stability, and cardio rolled into an ever-changing, fast-paced format.*

### BI-MONTHLY

#### ADULT KARATE: OKINAWAN GOJU RYU (AGES 11+)

Tue, 6 p.m., Jan. 7-Feb. 25, \$144 | Sat, 9:30 a.m., Jan. 4-Feb. 29, \$162 | *Learn various offensive and defensive striking, kicking, and blocking techniques, conditioning exercises, and practical applications and strategy for real self-defense situations for all ability levels. Instructor Brent Hartwig is a 6th-degree black belt in Goju Ryu karate with 50+ years of training, and 41+ years of teaching experience. Drop-in \$23, one-time only. No drop-in 2/18 & 2/22 due to recognition day.*

#### NEW! CHAIR YOGA 6-WEEK SERIES

Wed, 9:15 a.m. | Jan. 15-Feb. 19 | \$57 | *Do you feel you need to be more flexible to do yoga? Do you struggle going from the ground to standing? In Chair Yoga positions on hands and knees are avoided, while still benefit from the flexibility, mindfulness and balance Yoga provides.*

#### JUNIOR KARATE (AGES 7-15)

Tue, 4:30 p.m., Jan. 7-Feb. 25, \$120/M, \$144/NMCM | Sat, 8:30 a.m., Jan. 4-Feb. 29, \$135/M, \$162/NMCM | *Safety, awareness, and basic skills for youth at all ability levels, developing a strong self-image and positive attitude. Drop-in \$20, one-time only. No drop-in 2/18 & 2/22 due to recognition day.*

#### NEW! MEDITATION YOGA 6-WEEK SERIES

Mon/Fri, 1 p.m. | Jan. 13-Feb. 21 | \$114, \$15 Drop-In | *Explore seated yoga postures and breathing patterns to learn to calm the nervous system, promote relaxation and plant seeds of hope in our subconscious. Comfortable clothes recommended, but you will not leave sweaty, this is a time for self-reflection and mindfulness.*

#### PROSTRIKE!

Tue/Thu, 5:30 p.m. | Jan. 7-Feb. 27 | \$160 | *Increase cardio endurance, coordination, speed and balance, all while decreasing stress in this empowering class. Includes the use of heavy bags and focus mitts, bodyweight strength drills and powerful cardio. No experience required.*

#### TAI CHI

Tue, 6:30 p.m., Jan. 14-Feb. 18, \$75 | Thu, 6:30 p.m., Jan. 16-Feb. 20, \$75 | *Improve your balance, flexibility, endurance, inner strength and focus in this internal martial art as you progress through a Chinese meditation system and well-being practice. The instructors are two of the best in Yang Cheng-fu and Li Ya Xuan's lineage.*

#### NEW! SWING DANCE 6-WEEK SERIES

Fri, 6:30 p.m. | Jan. 17-Feb. 21 | \$75 | *Come alive as you move, shake and spin! Learn basic footwork and how to dance with a partner in this wildly popular social dance. We'll also cover the elements of leading and following. Bring your favorite partner!*

#### YOUTH CROSS TRAINING (AGES 10-15)

Sat, 10:05 a.m. | Jan. 4-Feb. 29 | \$113/M, \$135/NMCM | *Cross training is a fun and effective way to increase your fitness level and stay resilient for any sport. Start your weekend strong with variable-intensity strength, endurance, plyometric and core training.*

### SEASONAL

#### HALF MARATHON TRAINING PROGRAM

Mon/Wed, 7:30 a.m., Jan. 13-Mar. 18, \$250 | Mon/Wed, 7 p.m., Jan. 13-Mar. 18, \$250 | *Whether you're a seasoned or novice runner, you'll want to be prepared to run your best race. Join us for indoor cross-training and outdoor runs with expert coaching and group camaraderie.*

#### SHRED

Mon/Fri, 6 a.m., Jan. 13-Apr. 3, \$240 | Mon/Fri, 7:30 a.m., Jan. 13-Apr. 3, \$240 | Mon/Wed, 7:30 p.m., Jan. 13-Apr. 1, \$240 | Tue/Thu, 9:30 a.m., Jan. 14-Apr. 2, \$240 | *Increase cardiovascular endurance, fat loss, strength and lean muscle mass. Registration includes body composition testing to track your progress.*

### PACKAGE GROUPEX

10-Pack | \$60 | Valid for 6-months from date of purchase  
Drop-In | \$12 | Not valid for enrollment programs

**BOLLYWORKS FITNESS** | Have fun with Bollywood dancing while exercising your whole body.

**HIGH FITNESS** | Choreographed, interval training with cardio peaks and toning tracks is set to music you know and love.

**PILATES MAT PLUS** | Pilates with the added fun of small equipment to tone, increase core endurance and flexibility.

**PROBARRE** | Combine toning and sculpting with elongated movements to strengthen your muscles and increase mobility.

**PROJAM** | Celebrate music and learn to work out to a new rhythm with calorie-melting, low to medium-impact dance moves.

**TRX® FORM & FUNCTION** | Focus on body-weight exercises, balance challenges and improve core strength, joint stability and coordination.

**TRX® TOTAL BODY** | Get a workout using innovative suspension training. Build strength, power, and balance using your own body weight.

**ZUMBA® FITNESS** | Experience Latin-inspired dance moves and melt the stress and pounds away.

NEW

### FIT LAB

**FIT LAB 1** | Increase your endurance. Move between cardio exercises and strength exercises 1 TIME. Burn fat while building stamina as you experience 20+ minutes of pure cardio and 20+ minutes of strength.

**FIT LAB 2** | Increase your strength and burn calories. Move between cardio exercises and strength exercises 2 TIMES. Blend 10-minutes of energizing cardio with 10-minutes of muscle strengthening.

**FIT LAB 3** | Increase your power. Move between cardio exercises and strength exercises 3 TIMES. Experience a rush of adrenaline as you alternate between 6-minute cardio and strength bursts.

### YOGA

**ALL-LEVELS YOGA** | Expect a moderate flow to help you feel rejuvenated and restored.

**BACK TO YOGA BASICS** | For beginners and advanced students who wish to deepen their practice.

**GENTLE FLOW YOGA** | Practice moving through gentle yoga postures with the breath while bringing focus to your body and mind to prepare for the week ahead.

**VINYASA FLOW YOGA** | Experience a combination of movement and breath in flowing postures to build core strength and bring focus to your body and mind.

**YIN YOGA** | Slow, mindfully-based yoga where poses are typically held for up to 3-minutes either seated or reclined. It targets the connective tissue and fascia of the body, with an emphasis on relaxing the muscles.

### PACKAGE PILATES REFORMER

16-Pack \$320 | 12-Pack \$288 | 8-Pack \$216 | 4-Pack \$120 | Drop-In \$35 | Prerequisite: Pilates Perfect Start

**PILATES CARDIO REFORMER** | Take the same total body strengthening and stabilizing of Pilates Reformer to the next level by adding heart pumping intervals using the cardio trampoline.

**PILATES REFORMER** | Strengthen your core, balance muscles, and enhance posture in this challenging workout that will leave you feeling toned and lengthened.

### FREE CLASSES

#### CARDIO

**CARDIO DANCE STEP** | Complex step choreography and great music combine to keep your heart pumping and brain working!

**INNER WARRIOR WORKOUT** | Kickboxing elements, cardiovascular drills, and body weight endurance to train your mindset for inner growth.

**KICKBOX BLAST!** | Challenge yourself and have a BLAST with cardio kickboxing drills!

#### HYBRID

**BABYROBICS** | A fun, low-impact cardio and strength workout for new mom or dads and baby. We recommend babies be carried in a front pack and not to exceed size/weight limitation. Prenatal and postpartum members also welcome to attend with or without baby.

**CARDIO CORE** | When heart-pumping cardio meets hard core strengthening.

**NEW! FEEL GOOD + BALANCE** | Using the ballet barre, TRX suspension trainers, stability balls, and BOSU trainers, you'll balance the muscles of the hips, knees, and ankles to develop overall balance.

**FEEL GOOD + RENEW** | Renew your balance, strength and stamina by enjoying this class dedicated to help you rebuild your foundation.

**FEEL GOOD + STRETCH** | If you won't stretch on your own, join us and regenerate your muscles and gain flexibility!

**FEEL GOOD CARDIO SCULPT** | Mix high-energy yet low-impact moves on the floor and step. Strength training, balance, and core work finish this total body workout.

**NEW! RUNNER'S HOUR** | Includes a variety of strength building exercises to complement your running routine using resistance bands, TRX suspension trainers, and medicine balls. Be sure to arrive on time and dress in layers in case we head outside for a run (weather permitting).

**STEP CIRCUIT** | Like step choreography and the total body workout circuit training gives you? Experience both in this high-energy class!

**ULTIMATE 6-PACK WORKOUT** | Concentrate on that troublesome 6-Pack area. You are guaranteed to feel the burn!

#### STRENGTH

**BARBELL STRONG** | No frills. No fancy choreography. Just serious strength training using weighted equipment.

**ULTIMATE ABS** | Blast your core with this intense 25-minute class focused on strengthening your abdominals and lower back.

**ULTIMATE ARMS** | Looking to be armed and dangerous? Challenge yourself with serious strength training for the upper extremity.

**ULTIMATE LEGS** | Increase dynamic strength and flexibility through extreme lower body training and core work...need we say more?

#### STUDIO R/DE

**POWER R/DE** | Work harder. Get stronger. Technology guides your intensity to measure performance and adapt your challenge.

**REV/C** | Our signature R/DE provides a full body workout with intense cardio, resistance bands, and motivational coaching to lift you up.

**R/DE 45** | High intensity interval training at its best! Hills and sprints dominate your calorie burn - in under an hour!



The ultimate tool for anyone who wants a precise (99.4% accurate), gamified and motivating wearable to monitor physical activity. Myzone monitors heart rate, calories, and time exercising - which convert into Myzone Effort Points (MEPs), focusing on rewarding effort rather than fitness. PRO Shop: \$89.95



#### STRESS RELIEF & SOUND BATH

Sound and vibration can help the body and nervous system relax. Be immersed in a sound bath experience and experience greater clarity and calmness. Prior to the sound bath experience, there will be a short lecture on the effects of certain sounds and how to ensure you incorporate healing sounds in everyday life whenever possible.

December 8 | Yoga Studio | w/Megan  
\$40 | Sunday | 11:30 a.m.-1:30 p.m.

## HOLIDAY GROUP FITNESS SCHEDULE

#### CHRISTMAS EVE Tuesday, December 24<sup>th</sup>

8:00 a.m.	Barbell STRONG	Studio A
8:00 a.m.	POWER R/DE	Studio R/DE
9:15 a.m.	Barbell STRONG	Studio A
9:15 a.m.	Gentle Flow Yoga	Studio B
9:15 a.m.	POWER R/DE	Studio R/DE
10:30 a.m.	HIGH Fitness	Studio A

#### CHRISTMAS DAY - Club Closed

#### NEW YEAR'S EVE Tuesday, December 31<sup>st</sup>

8:00 a.m.	Barbell STRONG	Studio A
8:00 a.m.	POWER R/DE	Studio R/DE
9:15 a.m.	Barbell STRONG	Studio A
9:15 a.m.	POWER R/DE	Studio R/DE
9:15 a.m.	PRObarre	Studio B
10:30 a.m.	HIGH Fitness	Studio A

#### NEW YEAR'S DAY - No Classes



#### CYCLE FOR THE SEAHAWKS!

Break a sweat as you cheer on the Seahawks when they take on the Arizona Cardinals on the big screen! Special drills and challenges during touchdowns, interceptions, and field goals. Complimentary refreshments provided to help you stay energized. | Studio R/DE

Sunday, December 22 | 1:25 p.m. to end of game



#### GROUP FITNESS STUDIO SHOWCASE

Join us as we showcase ten signature group fitness classes, collect swag and break for sips and snacks along the way. You'll start in the Pavilion and progress through our studios for mini-workouts Register through Eventbrite. \$25 Member/Non-Member

Friday, January 10 | 5:30-8:30 p.m.