

KINGSTON FITNESS

Group Fitness Class Schedule

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
6:15-7:15am Bar Pump (Kim)		6:15-7:15am Bar Pump (Misty)		6:15-7:15am Bar Pump (Rotating)	
	8:00-9:00am YOGA (Mabel) AVAILABLE VIRTUALLY! *		8:00-9:00am YOGA (Amber) AVAILABLE VIRTUALLY! *		
9:15-10:15am Power Pump (Sarah) AVAILABLE VIRTUALLY! *	9:15-10:15am Studio Cycle (Jessa)	9:15-10:15am Power Pump (Sarah) AVAILABLE VIRTUALLY! *	9:15-10:15am Studio Cycle (Misty)	9:15-10:15am Power Pump (Jessa) AVAILABLE VIRTUALLY! *	9:15-10:15am Studio Cycle (Rotating)
	10:00-10:45am Chair Yoga (Martha) @Village Green			10:00-10:45am Low Impact Full Body Toning (Amber) @Village Green	
11:00-11:45am Senior Fitness (Sarah) AVAILABLE VIRTUALLY! *	11:00-11:45am Chair Yoga (Amber) AVAILABLE VIRTUALLY! *	11:00-11:45am S.A.I.L. (Sarah) AVAILABLE VIRTUALLY! *	11:00-12:00pm Chair Yoga (Amber) AVAILABLE VIRTUALLY! *	11:00-11:45am Senior Fitness (Jessa) AVAILABLE VIRTUALLY! *	
12:00-12:45am Senior Fitness (Sarah)		12:00-12:45am S.A.I.L. (Sarah)		12:00-12:45am Senior Fitness (Jessa)	
	Mat Pilates ** 12:15-1:00 pm (Lesley) AVAILABLE VIRTUALLY! *		Mat Pilates ** 12:15-1:00 pm (Lesley) AVAILABLE VIRTUALLY! *		
	1:15-2:00pm Low Impact Cycle (Rotating)		1:15-2:00pm Low Impact Cycle (Jessa)		
6:00-7:00pm Bar Pump (Lilli)		6:00-7:00pm Bar Pump (Lilli)			

Updated 2/22/2022

Fitness Center Hours

Monday - Friday: 6am-6pm

Saturday: 9am-2pm

GYM: (360) 297-3336

www.KingstonFitness@KitsapPT.com

*** VIRTUAL CLASS AVAILABLE.**

**** Specialty Fee Based Class**

Live Classes require registration.

Register from our website OR

www.picktime.com/kingstonfitness

