

KINGSTON FITNESS

Group Fitness Class Schedule

<u>Mon</u>	<u>Tue</u>	<u>Wed</u>	<u>Thurs</u>	<u>Fri</u>	<u>Sat</u>
	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 (Alex) 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 (Amber) @Village Green			10:00-10:45am Low Impact Full Body Toning (Amber) @Village Green	
11:00-11:45am S.A.I.L. (Sarah) AVAILABLE VIRTUALLY! *	11:00-11:45am Chair Yoga (Amber) AVAILABLE VIRTUALLY! *	11:00-11:45am Senior Fitness (Amber) AVAILABLE VIRTUALLY! *	11:00-12:00pm Chair Yoga (Amber) AVAILABLE VIRTUALLY! *	11:00-11:45am Senior Fitness (Jessa) AVAILABLE VIRTUALLY! *	
12:00-12:45am S.A.I.L. (Sarah)		12:00-12:45am Senior Fitness (Amber)		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 (Rotating)		
6:00-7:00pm Bar Pump (Lilli)		6:00-7:00pm Bar Pump (Lilli)			

Updated 6/06/2022
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

